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# Granite City Journal

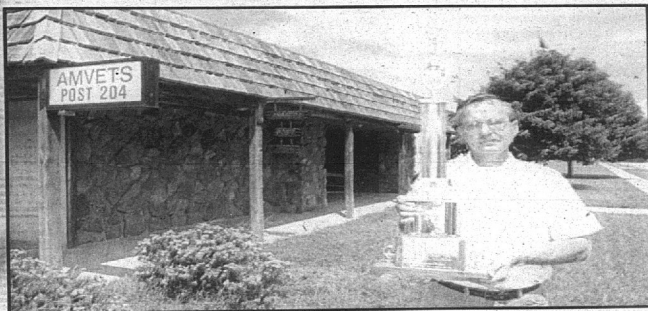
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VOLUME 20, NUMBER 60

WEDNESDAY, JULY 31, 1996

FIFTY CENTS



(Staff photo by JOHN FRESE)

Steve Diak, past commander of AMVETS Post 204 in Madison, holds up the trophy the post was awarded for being named post of the year.

## Madison home of top AMVETS post

By Scott Cousins  
Staff writer

It's been a very productive year for AMVETS Post 204 in Madison. Post members have been busy doing community work and visiting residents at local Veterans' Administration hospitals. All that work and time paid off when they were awarded the AMVETS Post of the Year award at the state convention in June. This is the second year in a row the post has won.

"It's a real important award," said Steve Diak, past post commander. "Statewide this is probably the best post in the state."

In most categories, Diak said the Madison and Mount Vernon posts are usually very close.

The award is given on a point basis. "Everything we do for the community and for the veterans is all compiled," Diak said. However, he said most of the work involved veterans.

"Everything is for the veterans," he said. "We do a lot of things for the community, but we're mainly here for the veterans."

Members go to the Jefferson Barracks Veterans' Administration Medical Center every month to play bingo, and also visit patients at the John Cochran Veterans' Administration Medical Center.

"They look forward to us coming every month," he said.

Diak said the post has bought a "mountain of gifts" for hospital residents.

Post of the Year was not the only award (See AMVET, Page 7A)

## Lead exposure list includes this area

Pediatrician Dr. Gita Malur would like to get the word out about getting the lead out.

The Center for Disease Control (CDC) in Atlanta has identified by ZIP code the communities likely to have lead exposure. Madison County is among the counties listed.

The U.S. Environmental Protection Agency is in the middle of a \$75 million lead cleanup in Granite City. Lead left over from a smelter that operated in the downtown area for more than 70 years is believed to be the cause of most contamination.

Children can be poisoned by ingesting or inhaling lead from a variety of sources, including paint or dust containing lead, or lead-contaminated soil, water or food.

Children 6 months to 6 years old are at high risk because they pick things up, such as paint flakes, and put them in their mouths. Their small bodies also absorb lead faster than adults.

Before 1978, paint with a high lead content was used in many homes. "At that time, they didn't know it was a public health hazard," Malur, of Alton said.

Since that time, paint with high concentrations of lead has fallen from use. In fact, the U.S. Department of Housing and Urban Development (HUD) is initiating a \$2 million

## Things to watch out for

Following are some tips on getting the lead out of your child's environment:

- ✓ If children play outside in the dirt, wash their hands before they eat so they're not carrying that dust to their mouths," Alton pediatrician Dr. Gita Malur said.
- ✓ Discourage youngsters from eating anything that falls on the ground because it can pick up lead dust. Don't let children put rocks or soil in their mouths.
- ✓ Wash toys and pacifiers often to eliminate dust or dirt particles.
- ✓ Make sure children eat three healthy meals a day, plus two snacks.
- ✓ "Empty stomachs absorb lead faster," Malur said. "Foods rich in iron and calcium help decrease lead absorption. Avoid fatty foods because they increase lead absorption."
- ✓ If you open a can of imported food, don't store food in the can and don't reheat such food in the can.
- ✓ Food stored in poorly glazed pottery or lead crystal may

(See WAIC14, Page 7A)

grant for the first time ever to remove leaded paint from residential housing in Superfund areas.

Granite City has applied for the grant funds and city and EPA officials agree that the city appears to be an ideal location for the pilot program. There may be no symptoms of lead poisoning or there may be abdominal cramping, headache, constipation, vision or hearing problems, behavioral problems, learning disability or hyperactivity.

"Recent studies have linked high lead levels with delinquent behavior," Malur said. "All these symptoms could have different causes, but

Severe poisoning can cause seizures, coma and death. Three years ago, in conjunction with the Illinois Department of Public Health, the CDC conducted an 18-month, \$500,000 blood-lead study of children living within three miles of the Granite City cleanup area. The study found that 16 percent of the 450 children tested had elevated levels of lead in their blood.

But Dr. Renate Kimbrough, the physician who spearheaded the study, concluded that only 6.5 percent or 27 children — had levels that merit anything more than additional testing (See LEAD, Page 7A)

## Time to apply for funds

Thousands of children in the greater St. Louis area have a lot of need.

To help them meet those needs, since 1957, the Old Newsboys Day fund drive has been awarding grants to children's charities in the bi-state area.

Now is the time for charities to apply for a 1996 Old Newsboys Day grant.

Charities interested in receiving a grant application should send a self-addressed stamped envelope to: Old Newsboys Funding Requests, Suburban Journals, 1714 Deer

Tracks Trail, St. Louis, Mo., 63131. The deadline for submitting an application is Sept. 9.

This year Old Newsboys Day is Nov. 7. Since the fund drive began, more than \$5.7 million has been raised and distributed to children's charities. Last year, \$182,000 was raised.

The allocations committee for the 1996 drive will give priority to charities that request grants to meet the basic needs of children — items such as diapers, play equipment and books.

## Road ride to help veteran

By Debbie Johnson  
Correspondent

Gary Otremba doesn't think the United States is doing a very good job of protecting its veterans.

Otremba is the president and founder of the Don Lindley Memorial Foundation, which helps raise money for the fam-

ilies of dying or disabled Vietnam veterans.

The foundation is sponsoring the Eighth Annual Great River Road Ride on Aug. 25, which will help raise money for Dennis Reeves of O'Fallon. Reeves suffers from a rare kidney disease that has caused his kidneys to turn into a sponge-like

(See RIDE, Page 7A)



(Staff photo by JOHN FRESE)

The 'inmates' at the American Cancer Society's Jail and Bail event, which was held in the meeting room at the Clark Avenue Church of Christ last week, call around to get their bail in the form of donations for the charity.

## 'Jailbirds' net cash for ACS

By Bob Slate  
Staff writer

The American Cancer Society put some prisoners to work for a worthy cause last week.

The society's annual "Jail & Bail" fund raiser Tuesday raised more than \$18,000 in the Quad Cities area.

"It's very worthwhile and a good way to spend a part of your day," said Steve Balen, superintendent of Granite City School District No. 9.

Balen was one of hundreds of "jailbirds"

participating in the event. Participants were arrested, charged with a fictitious crime and asked to make telephone calls to raise "bail" money in the form of pledges and contributions to the ACS.

"I was very happy to take that period of time and get to talk to people about the valuable things the American Cancer Society does," Balen said.

Balen said not a single person he called refused to make a donation. In fact, he said, some he didn't call later called him to ask why he hadn't solicited pledged from them.

## In the Journal

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**5 FULLER'S FORECAST**

John Fuller, Chief Meteorologist, KSDK NewsChannel 5

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## LOCAL NEWS

## Area students were en route to Paris during TWA disaster

By Deb Cooper  
Staff writer

Among those who died in the explosion of TWA Flight 800 on July 17 were 21 students and chaperones from Montoursville, Pa., on their way to Paris.

At the same time Flight 800 exploded over the ocean near Long Island, another TWA plane, this one originating in St. Louis, was also carrying a group of O'Fallon students, their French teacher and two other adults to Paris.

O'Fallon Township High School teacher Cheryl Matzker, along with Kirsten Cowden, Susan Eggers, Anne Morawski, Megan Roussel, Grant McCollar, Glenn Riegleman and Matt Ufford, boarded a Paris-bound TWA at Lambert International Airport shortly after 7 p.m. July 17.

Dr. and Mrs. Richard Chen of O'Fallon were also touring with the group.

At Kennedy International Airport, TWA Flight 800, with 230 people on board, took off and exploded around 8:40 p.m. There were no survivors and a week later recovery and investigation efforts are still under way.

The St. Louis originating flight arrived safely in Paris the next morning and didn't know anything was going on," said Matzker. "There were three groups on our tour and we had to wait for about an hour and half for the last group to

arrive."

During their wait, Matzker and the students did not notice anything out of the ordinary until they saw a television crew interviewing travelers.

"We thought maybe someone important was coming. After they interviewed some English speaking travelers, one of the students went and asked what it was about," she said.

The group then learned about the second worst domestic airline crash in U.S. history. Matzker said she also found out the Pennsylvania students had made arrangements with the same educational travel organization that arranged their trip.

Matzker said she and her group heard little else about the airliner explosion until Sunday morning.

"We did not spend much time in our hotel rooms. The television stations were covering more about the Olympics and not about the crash. One of the students bought a USA Today and that was the first newspaper account we read about it," she said.

Despite the fact the O'Fallon group was on a non-stop flight from St. Louis to Paris, Matzker said some parents did receive calls inquiring about the safety of the students.

Matzker said after spending several days in Paris the group traveled by train to southern France.

"We had a great trip. There was wonderful weather and every day was jam-packed," she said.

The return flight took the O'Fallon travelers from Nice

to London, where Matzker said security measures were increased. "We flew British Airways, and had our bags hand-checked there. We said, 'Fine.'"

Following a long flight to

Chicago, the group finally arrived back in St. Louis around 9:30 p.m. July 25.

Matzker said she hopes the TWA Flight 800 tragedy will not cause changes in the way schools sponsor international

educational travel opportunities.

"I have flown that New York route before myself. It's still

too early to speculate if this will cause changes. Air travel overall is still a safe way to go," Matzker said.

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## GED classes scheduled

Belleville Area College is offering free General Education Development classes beginning in August at Collinsville High School, 2201 South Morrison Ave.

An evening class will meet from 6:30-9:20 p.m., Tuesdays and Thursdays, from Aug. 6-Oct. 2. Registration for evening classes will take place starting at 6:30 p.m., on Aug. 8 in Room 102.

GED classes prepare area residents who have not received a high school diploma to take a test to receive a high school equivalency certificate.

For more information, call BAC at 235-2700, extension 523, or toll-free in Illinois, at 1-800-BAC-5131, extension 523.

## Police beat

The following are among incidents reported recently at area police departments.

Drug possession: Phillip L. Carvel, 35, of the 3800 block of Lake Drive in Pontoon Beach, was arrested at Jack-in-the-Box at 4 a.m. July 29 and charged with unlawful possession of cannabis.

Sherman Cox Jr., 34, of the 3700 block of Market Street in Madison, was arrested at the Madison Currency Exchange at 6:16 p.m. July 27 of a felony warrant charging him with unlawful delivery of a controlled substance.

Battery: Michael J. Caban, 18, of the 1300 block of Rhodes Street, was arrested at 10:09 p.m. July 27 and charged with battery.

Jason L. Israel, 17, of the 2400 block of Adams Street, was arrested at 1:53 p.m. July

25 and charged with domestic battery.

Noel W. Pyatt, 19, of the 100 block of Dreize Street in Pontoon Beach, was arrested at 3:01 a.m. July 24 and charged with carrying a gun and assault. Theft: Wendy M. Bamford, 21, of the 1200 block of Kirkpatrick Homes, was arrested at Wal-Mart at 6:38 p.m. July 27 and charged with retail theft.

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# Local volunteer critical of security at Olympics

Olympic security is aggressive, but the volunteer side started as a disorganized mess. So says Renee Stephenson, a Madison County deputy jailer who is part of volunteer security for the Olympics events held in Savannah, Ga.

During an interview conducted days before a bomb rocked the Centennial Olympic Park in Atlanta, Stephenson reported that volunteers encountered numerous problems and misunderstandings after arriving July 3. She was unavailable for comment after Saturday's bombing.

Volunteers received no training, work schedules have been confusing and perks that lured the volunteers to the event

have been difficult to come by, she said.

The troubles started early, she said. Because of an apparent lack of communication, no one was prepared for the volunteers and no immediate accommodations were available.

Regardless, the 38-year-old Glen Carbon resident said she is proud to serve at the games. "I love it here," Stephenson said. "I'm glad I came even with all the problems because problems can be solved. This is the chance of a lifetime."

The people she has met in Georgia are part of the reason Stephenson values her Olympic experience. She has made friends with security guards

from the Philippines, Sweden, Norway, Denmark, Australia, the Netherlands, Canada, Iceland and Italy.

Stephenson has also befriended some of the athletes and coaches through her duties guarding the marina and Olympic Village in Savannah where the sailors stay.

One Greek sailor's humor had helped allay Stephenson's fears about Hurricane Bertha by alluding to the aggressive security.

"He told me Bertha wouldn't come here," she said. "When I asked him how he knew that, he said, 'Because it didn't have the right credentials.'"

— From The Telegraph

## Madison Police make several arrests

By Scott Cousins  
Staff writer

Madison police made about a half-dozen arrests over the weekend, most for outstanding warrants.

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On Sunday morning, Sjanja E. Heard, 26, of the 300 block of Ewing Avenue was arrested at her home.

She was charged with criminal damage to property and misdemeanor aggravated assault, and released after posting \$105 cash bond.

According to police Heard allegedly tried to cut another woman with a box cutter. By the time police arrived Heard had left, but the woman pressed charges and Heard

was arrested at her home.

On Saturday, James M. Horton, 18, of the 1500 block of Collinsville Avenue was arrested on an outstanding warrant for failure to appear on a theft charge.

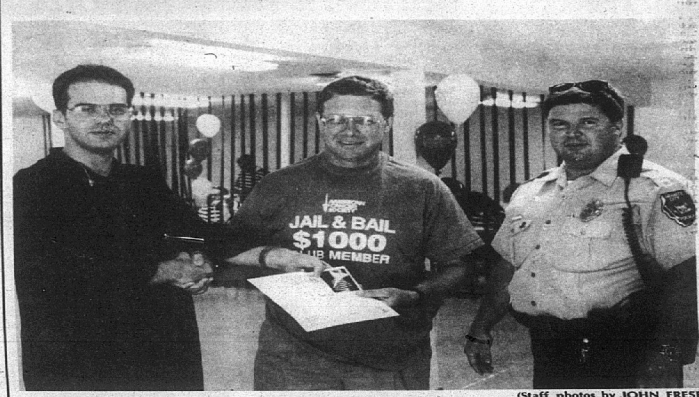
According to police Horton was standing with a group of people in the old Hardee's parking lot on Madison Avenue at about 4 a.m. when police spotted him.

Also arrested Saturday morning was Alphonso C. Reed, 23, of the 1500 block of Fourth Street. Reed, who was wanted on warrants for driving with no valid driver's license and failure to appear on a battery charge, was arrested during a traffic stop in the 1600 block of Third Street.

On Friday, police arrested Wayne T. Jones, 44, of the 1400 block of Second Street in Madison for failure to appear on charges of unlawful use of a driver's license out of Sangamon County. Jones was arrested at about 9:15 p.m. Further information was unavailable.

At about 7:50 p.m., Mark Anthony Madgett, 32, of the 1600 block of Third Street in Madison was arrested after an officer saw him and made a traffic stop near the intersection of Fifth and Madison.

Madgett was charged with having no valid driver's license. He also had an outstanding Granite City warrant for contributing to the delinquency of a child.



(Staff photos by JOHN FRESE)

**Jail and Bail** — The American Cancer Society's annual "Jail & Bail" fund raiser last Tuesday raised more than \$18,000 in the Quad Cities area. At top, Tom Candler, left, and Bill Harrison try to raise their bail. Above, the presiding judge at Jail and Bail this year, Chuck Pike, left, the minister at the Clark Avenue Church of Christ, congratulates Jim Kaitich, center, on the donations he raised, while Granite City Police Officer Phillip Popmarkoff prepares to take Kaitich back to his job. Participants were arrested, charged with a fictitious crime and asked to make telephone calls to raise "bail" money in the form of pledges and contributions to the ACS. The event was held in the meeting room at the Clark Avenue Church of Christ.

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Gov. Jim Edgar has announced appointments to several boards and commissions.

**Leadley on board**

Appointed to the Structural Pest Control Advisory Council was Phil Barnett, 49, of Granite City. He is the manager of Barnett's Pest Control.

Appointed to the Advisory Board of Livestock Commis-

sioners was Steven Leadley, 48, of Troy.

He is the general manager of St. Louis National Stock yards.

\*\*\*\*

The Board of Directors of the Logan College of Chiropractic Alumni Association has elected Dr. Jason Strothheid to a one-year term as a board member. He practices

chiropractic in Granite City.

Strothheid's election took place during a recent meeting of the Logan Alumni Association Board of Directors in St. Louis. A 1988 Logan graduate, he previously served on the Advisory Committee of the Logan Alumni Association Board of Directors.

## Obituaries

### Peggy Koerper

Peggy (Helfrick) Koerper, 72, of Granite City died at 3:54 p.m. Thursday, July 25, 1996, at Christian Northeast Hospital in St. Louis, following a six-week illness.

Born Dec. 11, 1923, in University City, Mo., she had been a resident of Granite City for 35 years.

Mrs. Koerper was a member of St. Elizabeth Catholic Church in Granite City, where she was employed as a secretary for 13 years prior to her retirement in 1992 and served as a past officer of the finance committee.

Survivors include one son, Dick Koerper of Granite City; one daughter, Mary Fornechon of Granite City; one brother, Joseph Helfrick of Sacramento, Calif.; two sisters, Elizabeth Laramie of Potomac, Md., and Carol Swehla of Florissant, Mo.; and three grandchildren.

She was preceded in death by her husband, Arthur R. Koerper, who died Sept. 23, 1978, and her parents, Joseph F. and Helen (Miller) Helfrick.

Services were Monday at St. Elizabeth Catholic Church in Granite City with the Rev. H. Schmidt and the Rev. Don Worf officiating. Burial was in Calvary Cemetery in St. Louis. Arrangements were handled by Werner Chapel for Funerals in Pontoon Beach.

Memorials in the form of Masses or to the American

Lung Association are suggested.

### Mardella Simpson

Mardella ("Mimi") Simpson of St. Louis, formerly of Granite City, died Saturday, July 27, 1996.

Survivors include her niece and nephew-in-law, Rusty and Mark Werner, and one great-nephew, Brian Greenway.

Services were Tuesday at John L. Tucker of Nashville, a private funeral home in St. Louis. A private burial was held.

### James Tucker

James Eric Tucker, 36, of Granite City died at 8:16 a.m. Friday, July 26, 1996, in Granite City. He was born Feb. 1, 1960, in Granite City, where he had been a lifelong resident.

A line worker with American Colloid, he was of the Baptist faith.

Mr. Tucker had been a musician with "Jinks," "Nothin' Fancy," "Bout Time" and "Razin' Cain."

Survivors include one daughter, Jamie Tucker of St. Louis; his parents, Earl and Marcella (Boyer) Tucker; one brother, John Tucker of Nashville, Tenn.; and two sisters, Sheila Stockton of Edwardsville and Paula Roberts of Glen Carbon.

Services were Tuesday at Werner Chapel for Funerals in Pontoon Beach with the Rev. Gus Falter officiating. Burial was in Sunset Hill Memorial Estates in Glen Carbon.

## Bi-State unsure on funding

By Scott Cousins  
Staff writer

Bi-State Development Agency officials are waiting to find out how much money they will receive for capital improvements.

Tom Sturgess, deputy general manager of marketing, planning and research, told members of the Madison County Transit Board Thursday that the agency could receive between \$20 million and \$70 million in federal funds for capital improvements.

The \$75 million was approved by a Senate subcommittee, while the U.S. House has approved \$20 million.

If the Senate approves the \$70 million figure, the final amount would be decided in a House-Senate conference committee.

If the full amount is approved, Sturgess said, most of the money would go toward MetroLink improvements.

He said \$10 million would go toward the purchase of new light-rail cars, while \$45 million is for the St. Clair County MetroLink extension.

Most of the rest would be for safety and security improvements.

Sturgess also said Bi-State was gearing up for the start of the St. Louis Rams football season.

The first home game will be an August 9 exhibition game with the Jacksonville Jaguars.

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Bi-State will be providing service for two exhibition games, eight regular season games and any playoff games.

Last year, he said Bi-State transported one out of every three football fans to the stadium. "Basically it's the same service as last year," Sturgess said.

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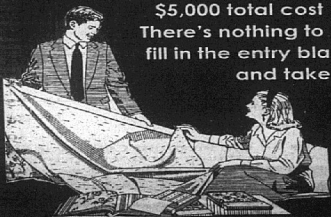
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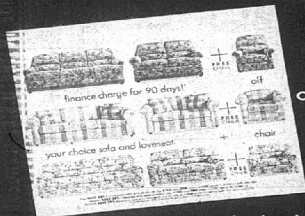
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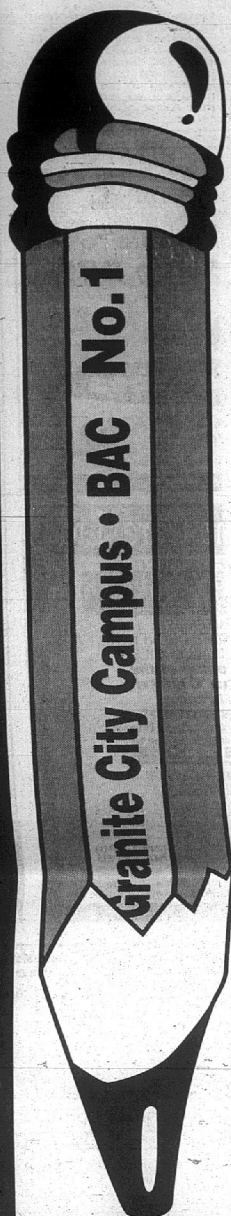
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## High-speed trains planned

Railroad tracks where a 17-year-old Godfrey youth was hit and killed Wednesday by an Amtrak passenger train are still part of plans for a high-speed rail corridor for trains twice as fast.

State officials continue to push for high-speed service to cut travel time on the Chicago-St. Louis route to less than three hours, about half the current time.

The plans are pending availability of about \$300 million in funding and the response to an environmental impact statement by the Illinois Department of Transportation, said Jerry Isenburgh, IDOT chief of rail program planning.

"We would hope that (high-speed rail) would be as safe or safer" than the rails are now. With high-speed rail would come protected crossings and fences along the corridor. "It would be safer in a lot of respects," Isenburgh said.

Accidents may still happen because people could get on the tracks at crossings or by climbing fences, he said, but fences would protect track-side residents.

Alton High School student Ricky Gabriel was wearing headphones and apparently did not hear the train approaching Wednesday as he took a short-cut home on the tracks. He was killed instantly.

"We have to educate the public and make the public

aware of the speeds of the trains," Isenburgh said.

The main public concern when high-speed rail plans started in 1994 was not track safety, but rather IDOT's intention to close more than 30 road crossings for the high-speed trains.

The busiest crossing that IDOT has proposed to close is Pearl Street in Godfrey, which is the main access to Humbert Road from Godfrey Road. Residents have complained that the closure would create traffic diversions, threaten businesses near the tracks and increase the cost to taxpayers.

— From The Telegraph

— From The Telegraph

The wife testified during Wednesday's bond revocation hearing that Schulmeister called her at work June 26. She said she was contacted again by Schulmeister's mother, who tried to read a letter her son had written to her. Schulmeister did not attend the revocation hearing.

— From The Telegraph

## Police officer ordered back to jail

EDWARDSVILLE — A Wood River police officer accused of attacking his estranged wife has been ordered back behind bars.

Dean Schulmeister, 31, allegedly violated the conditions of his earlier release.

Madison County Chief Criminal Judge Edward C. Ferguson ordered Schulmeister held without bond Wednesday after Schulmeister's estranged wife testified he had contacted her twice since his release in June.

Schulmeister, an eight-year veteran of the department, was charged June 13 with unlawful restraint and domestic battery.

He is accused of choking his estranged wife June 7 after he allegedly handcuffed her and stuffed socks in her mouth.

The woman said Schulmeister forced her into his basement and threatened to kill her when she went to his house to retrieve her mail. Schulmeister surrendered to authorities and

was released June 13 after posting bond. His \$50,000 bond had been reduced to \$20,000 cash and \$30,000 personal recognizance at the request of his attorney, David Groun.

Madison County State's Attorney William Haine said the officer was released on the condition he make no attempts to contact his wife.

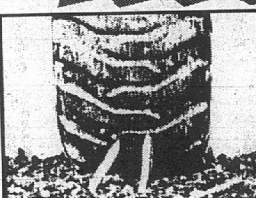
"There were no threats made to the victim in these contacts. However, no contact means no contact. Direct, or indirect, he was ordered to make no contact. We take these orders very seriously."

The wife testified during Wednesday's bond revocation hearing that Schulmeister called her at work June 26. She said she was contacted again by Schulmeister's mother, who tried to read a letter her son had written to her. Schulmeister did not attend the revocation hearing.

— From The Telegraph

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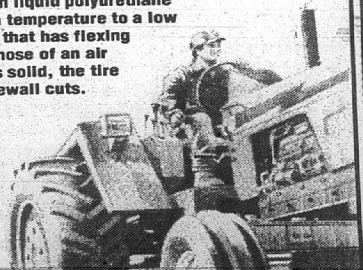


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# Art Fair kicks off Aug. 23

By Deb Cooper  
Staff writer

The ninth annual Midwest Salute to the Masters fine art festival will kick off with a preview party Friday, Aug. 23. Meyer Pontiac Honda Isuzu in Belleville, the third largest corporate sponsor, will underwrite the cost of the preview event, said Fairview Heights Alderwoman Carol Warner, co-director of the Midwest Salute to the Masters.

"If you want to be the first to see exhibits and make a purchase, this is for you. It will be a casually elegant evening and is probably one of the best kept secrets in town," said Warner.

To have the opportunity to attend the preview party, Warner said guests should send a check for a minimum of \$50 (for larger amounts, increments of \$25 are requested) to Fairview Heights, 10025 Bunkum Road, to guarantee admission to the preview party.

"The city will act as a clearing house and issue an invitation that will get you and a guest into the party. They will also give you 'funny money' in the amount of the check that you send that will be exchanged for artwork at the festival," said Warner.

Carol Meyer, executive vice president of Meyer Pontiac Honda Isuzu in Belleville, said supporting an event like this is part of the company's mission to give back to the community.

"Fairview Heights and surrounding areas have given so much to Meyer Pontiac Honda Isuzu that we consider it an honor and token of our appreciation to sponsor this nationally acclaimed art festival," said Meyer.

More than 100 nationally known artists from New York to California and all points in between will participate at the arts festival Saturday, Aug. 24, and Sunday, Aug. 25.

For the art festival, five large tents will be turned into art galleries at LeMoyne Park for the event. More than 40,000 guests are expected.

"The Midwest Salute to the Masters is one of only two prestigious masters' fine art festivals in the nation. Only artists whose work have won major awards in juried competition are eligible to participate," Warner said.

Some \$17,600 in cash prizes, making this one of the largest cash purses in the Midwest, will be awarded to artists who work in a variety of art media. More than 10,000 works ranging from paintings to sculpture to jewelry to ceramics will be displayed.

One of the highlights of the free festival will focus on children. "We will have our 'For Children Only' gallery again this year. Children will get to go buy art for only \$5," said Warner.

There will also be a children's art exhibit and many hands-on art activities.

A festival food court featuring ethnic delights and other culinary creations will be presented by area restaurants and non-profit organizations.

For more information, call 397-9111.

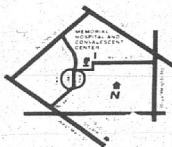
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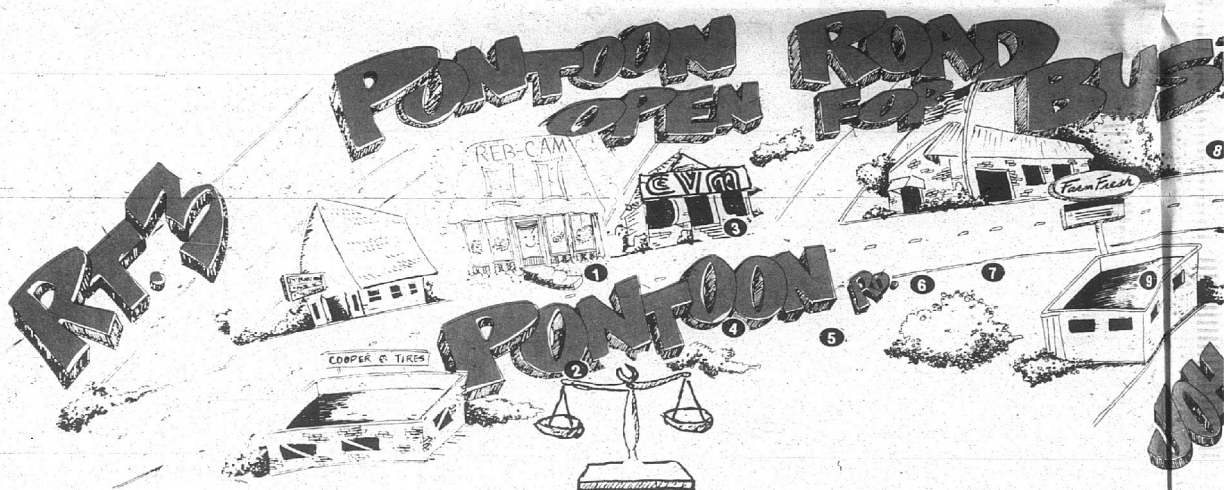
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# Body Builders

## Study: steroids bulk users up, but don't cause "roid rage"

Body builders already believe it, and science has finally proved it: Steroids make big muscles.

But researchers found no evidence that steroids make users prone to outbursts of anger known as "roid rage." The carefully controlled study showed convincingly for the first time that a few weeks of male sex hormone injections substantially beef up arms and legs and increase strength.

Men who exercised and took steroids for 10 weeks put on an average of 13 pounds of virtually pure muscle and could bench press an extra 48 pounds.

In addition, psychological tests and questioning of the men's spouses found no evidence that steroids made them angrier or more aggressive.

"Steroids are widely thought to cause extreme mood swings, and people charged with violent crimes have pleaded 'roid rage' as a defense."

But among steroid users who are mentally healthy, "testosterone doesn't turn men into beasts," said Dr. Shalender Bhasin of Charles R. Drew University in Los Angeles. Bhasin left open the possibility that in people who are mental-

ly unbalanced to begin with, steroids can make them worse. Bhasin and his colleagues said their results in no way legitimize steroid use by athletes.

But they do suggest steroids might be a good way to help AIDS patients and others whose muscles waste away because of disease.

Possession and distribution of steroids without a prescription is a federal crime, punishable by up to a year in prison and a fine of at least \$1,000.

Doctors have warned that the potential side effects include sterility, testicular shrinkage, acne, abnormal liver function, baldness, high blood pressure and heart disease. In 1991, former football star Lyle Alzado publicly blamed steroid use for his inoperable brain cancer.

Despite the seemingly obvious evidence of weightlifters' bulging pecs, some doctors have doubted whether steroids really work. They argue that exercise, not injections, explains their muscles.

Intense debate on this issue has been raging for 30 or 40 years," Bhasin said.

Earlier studies were flawed, in part because researchers gave only small amounts of

steroids and failed to control the volunteers' exercise or diets.

To help settle the question, Bhasin and colleagues recruited 43 male volunteers and put them on a standard diet. They randomly assigned them to get either dummy shots or moderately high injections of testosterone enanthate, one of several anabolic steroids used by athletes.

Throughout the study, no one knew who was getting the real steroid shots. In both groups, half the men were either put on a weightlifting program or asked not to work out.

The results, published in the New England Journal of Medicine, were clear and dramatic. Those who took steroids but did nothing else improved their muscles and strength about as much or more than did those who exercised but got dummy shots. By far the most impressive change was seen in men who both exercised and got steroids.

By the end of the experiment, men who got steroids but didn't exercise could bench press an extra 20 pounds, about the same as those who worked out but didn't get steroids. However, those who both

took steroids and exercised could bench press an additional 48 pounds, a 23 percent increase.

Those who got steroid shots but did not exercise gained seven pounds of fat-free mass, which is mostly muscle, compared with an extra four pounds in those who exercised without steroids. Men who both exercised and got steroids put on 13 pounds.

The researchers saw similar differences in the size of the men's thigh and forearm muscles and in their ability to lift in squatting exercises.

"The major implication is not to rationalize the abuse of steroids by athletes," Bhasin said. "It provides a rationale for testing the idea that short-term, cautious use of testosterone may prevent muscle wasting in cancer, HIV, obstructive lung disease and other chronic illnesses."

In the study, the men took weekly injections of 600-milligram doses for 10 weeks. This gave them about six to eight

times more testosterone than their bodies produced naturally.

Dr. C. Wayne Bardin of the National Institute of Child Health and Human Development said the study also holds good news for athletes who don't resort to steroids.

"It shows what a powerful stimulant to muscle growth exercise is," he said. "It ought to reassure athletes that if they exercise and train properly, they will get big muscles."

— Associated Press

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## Girl, 9, uses CPR to save drowning toddler

Frequent fainting spells means 9-year-old Melissa Bianco often lands in the nurse's office at her elementary school. While being treated, she has whined away the time studying CPR how-to charts.

Recently, what she gleaned from those charts helped her save a drowning toddler.

At about 11:30 a.m., Melissa was at the pool of an apartment complex where her baby sister, Tiffany Mai, lives. Mai was also watching three other children at the pool, including two sisters, Allison and Loren Nguyen.

"The Nguyen sisters had been playing in plastic floating rings in the water when Allison, 6, looked up and saw 2-year-old Loren floating face-down in the deep end of the pool."

"Mai, who could not swim, urged Allison to swim toward Loren."

After the two managed to pull Loren from the water, Mai attempted to perform CPR.

"I noticed she wasn't doing it right, so I put my hand on Loren's mouth to see if she was breathing. She was, but barely," Melissa said.

"I thought, 'What can I do? What can I do?'"

Suddenly remembering the charts in the nurse's office, she used a cardiopulmonary resuscitation to force water out of Loren's lungs, Melissa said.

"Then the toddler began to cry."

"I knew then she would be all right," Melissa said.

Irvine police officer Dale

Lawrence praised Allison for bringing the toddler to safety and Melissa for administering CPR.

"She's the reason the baby was breathing when paramedics arrived," he said.

Two other Irvine children

have drowned in the past three weeks.

Loren was taken to Irvine Medical Center, where she was released under doctor's orders: No more swimming today.

— Associated Press

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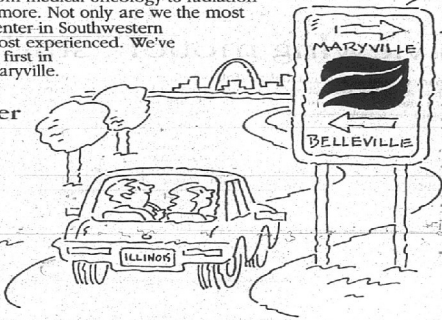
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# Our Health

## Survey shows men unaware of osteoporosis risk

When Tom Carskadon sprained an ankle rummaging through his attic two years ago, he expected to get it wrapped at his doctor's office and be on his way.

That's what 47-year-old men are supposed to do: Stop for quick repairs and get back in action.

But Carskadon's X-ray showed an unusual lack of bone density, and eventually he was diagnosed with osteoporosis, the bone-weakening disease that affects an estimated 20 million American women over 50.

"I was flabbergasted," said Carskadon, a psychology professor at Mississippi State University in Starkville. "I found out that I had it, but it was later that I found out how bad, and that just blew me away."

Carskadon, now 49, says his back is so bad that he is able to pick up his 5-year-old son, but not his 8-year-old. He worries every day that he'll break a bone in his back or legs.

"Here I am a 49-year-old man, and I have the bones of a 120-year-old man, if you can find one," Carskadon said.

Carskadon is one of an estimated 1.5 million men who suffer from osteoporosis. Studies show that another 3.5 million have a high risk of developing the disease.

An alarming number of those men, and their physicians, aren't getting enough information about what is perceived as a women's disease, according to a recent national survey. One disturbing fact turned up by the poll was that older men who are most susceptible to the disease are the least informed about it.

"Many of us have fallen down on the job at alerting men to the dangers of this disease," said Dr. Eric Orwoll, one of the nation's leading authorities on osteoporosis in men. Orwoll is chief of endocrinology and metabolism at the Veterans Administration Medical Center in Portland.

Orwoll helped prepare the survey, conducted by Gallup and funded by the Washington, D.C.-based National Osteoporosis Foundation. The poll, released June 11, shows how little most men know about the disease and its devastating impact.

More than 70 percent of the men polled said a woman is at least somewhat likely to develop osteoporosis, while fewer than half thought it

was somewhat likely for a man to develop the disease. Fourteen percent knew osteoporosis can cause curvature of the spine, while even fewer knew about the loss of mobility (8 percent) and height (3 percent).

"In direct contrast to the opinions men expressed in this poll, they are not immune to osteoporosis," Orwoll said.

Slightly more than 1,000 men aged 45-75 were surveyed by telephone for the poll, which was conducted nationwide between Feb. 8 and March 27, according to officials at the foundation. The poll has a 3 percent margin of error.

"It's very clear that men perceive it as a women's disease," said Dr. Robert Lindsay, chairman of the department of medicine at Helen Hayes Hospital in West Haverstraw, N.Y., and professor of clinical medicine at Columbia University. "I'm not the least bit surprised by these findings."

Osteoporosis makes bones weak and brittle and can lead to fractures in the back, hips and legs. About 20 percent of women who suffer broken hips related to the disease die within a year. That figure is about 30 percent among men, Orwoll said.

Orwoll said it isn't uncommon for the disease to also show up in men who haven't yet reached their 40s.

"The young men who have this are absolutely devastated," he said. "They're cut down in the primes of their lives, and they can't understand why."

Orwoll often fail to educate their male patients about the risks of osteoporosis, Orwoll said.

Preventive measures, such as exercise and calcium supplements, can reduce the risk of osteoporosis, Orwoll said. The recommended daily calcium intake is 800 milligrams, but for older men and post-menopausal women the dosage should be about 1,500 milligrams, Lindsay added.

Smoking, drinking, poor diet and steroid use can make men more vulnerable to the disease, Lindsay added.

Various prescription drugs are available to help combat the symptoms of the disease once it's diagnosed. One is the non-hormone alendronate, which was approved by the Food and Drug Administration last November. But no

one knows conclusively how well these drugs work on men.

"There's never been a study," Orwoll said. "There's been a concern that (drugs) may not work as well in men as with women. We just don't know."

Carskadon said he wouldn't have even known the extent of the disease in his body if he hadn't undergone a \$200 X-ray called a DEXA (dual energy X-ray absorptiometry) scan.

Carskadon uses alendronate regularly and said his symptoms haven't gotten any worse. But he knows the disease is irreversible and says one broken bone will effectively end his career.

"I'm living proof, glad to be living proof, that it can hit a man and hit a man hard," he said.

— Associated Press

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## Dyslexics show unusual response in viewing motion, study shows

A part of the brain that turns on when a person sees objects in motion does not get activated normally in people with dyslexia, a study suggests.

If confirmed by further studies, the finding might be used to diagnose dyslexia in children, said researcher Guinevere Eden.

It may also mean that reading difficulties, the best known sign of dyslexia, are just part of a wider abnormality in brain functioning, she said. It's too soon to

tell whether the motion-related abnormality is directly related to the reading difficulties, she said.

Eden, a visiting fellow at the National Institute of Mental Health, reported the work with colleagues in today's issue of the journal Nature.

The study involved six men with severe dyslexia and eight men without it. All viewed moving arrays of dots while undergoing brain scans. The motion-related part of the brain was

activated in all the non-dyslexic participants. It remained at rest in five men with dyslexia and was only partially activated in the sixth.

Participants with dyslexia also did worse than the other men in a separate test of judging how fast dots were moving. But the problem was so small that it would not usually be noticed in everyday life, researchers said.

— Associated Press

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# Go For Your Health

## War on cancer: 25 years and \$29 billion later, still not winning

Dr. Wendy Harpham is living the paradox of the war on cancer: New treatments are keeping her alive without poisoning her. But fellow physicians still can't cure her.

Twenty-five years — and \$29 billion — after President Nixon declared the war on cancer, the disease is about to become the nation's No. 1 killer. More people die of it today than in 1971. One in three Americans will get cancer. Half a million will die this year.

The news is not all bad: Cancer patients do live longer today. Chemotherapy is becoming less toxic. Some cancers, especially those that hit children, are curable now. And the death toll among children dropped slightly in 1990.

Progress is measurable only in inches, said Ellen Stovall of the National Coalition for Cancer Survivorship. "The war on cancer got stuck and there's no will to unglue it."

Indeed, more and more frustrated patients are traveling to Capitol Hill to vent anger at mainstream medicine's lack of cures and to demand untested alternative therapies.

Congress repeatedly asks the nation's top doctors: Why are there significant new drugs to fight AIDS, but nothing as exciting for the cancers that strike millions more Americans?

"For too long we've made false promises," acknowledged Dr. Richard Klausner, director of the National Cancer Institute.

"We don't know when we're going to cure cancer. ... But we cannot confuse the frustration with not curing it, with the conclusion we're not making progress."

The hopelessness and distrust also trouble

Harpham, a physician who has battled five recurrences of non-Hodgkins lymphoma and educates fellow patients about finding the best therapy while avoiding quacks.

"I have looked at this with the mind of the scientist but the heart of someone desperate to survive," said the Richardson, Texas, mother of three.

Small improvements are allowing patients "to genuinely have hope that if what is available now can keep you alive, there'll be better stuff down the road," she said.

Many childhood cancers today are 60 to 90 percent curable. Testicular cancer is almost always cured. Earlier detection has helped reduce the number of deaths from breast, cervical and colorectal cancers.

Drugs approved in the last year block nausea, blood infections and other chemotherapy side effects.

As few as 25 years ago, cancer killed 162 of every 100,000 Americans. By 1990, cancer's mortality rate had jumped to 174 deaths.

What happened? One answer is smoking, doctors say. Deaths from all malignancies except lung cancer have dropped since 1971, from 127 deaths per 100,000 to 122. If Americans quit smoking, doctors agree, cancer would plummet.

Cancer's overall death rate did inch down two points between 1990 and 1992, the latest figures available. It still is poised to become the nation's top killer by 2000 — because heart disease is dropping faster.

Frustrated patients note that most cancer drugs approved by the Food and Drug Admin-

istration in recent years have merely offered dying patients a few more months.

Only 2 to 3 percent of cancer patients even participate in clinical trials of potential new cures.

Where do they go instead? Often to the Internet, where scientific research vies with companies that tout miracle cures. Such companies often claim that a conspiracy to help chemotherapy makers profit is deliberately blocking a cure, said Diane Blum of Cancer Care Inc.

Dr. John Bailar of the University of Chicago

says preventing cancer — by fighting smoking, sun exposure and other controllable risks — may be the best option for a disease now considered too complex for a magic bullet.

"The flow of (significant) new drugs is essentially zero now," Bailar said. "I am simply no longer convinced that there are a lot of wonderful cures waiting to be found."

But the NCI's Klausner insists scientists only now are unlocking crucial genetic mysteries.

The question is whether patients will believe scientists' claim again — that they're closing in.

— Associated Press



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## Politicians not blowing smoke in tobacco flap

The campaign skirmish over tobacco is being waged by firsthand smokers on their second wind.

Trading charges of hypocrisy and bad science, Bob Dole on one side and Bill Clinton and Al Gore on the other, all are keenly aware of the weed's pleasures, destructiveness and political power.

Smoking helped a young Dole get through his war injuries and played a part in his brother's death. Smoking helped Vice President Gore as a soldier in Vietnam and is thought to have killed his sister.

Cigars have been the exclamation point on some of President Clinton's prime times of relaxation and achievement. His mother quit smoking six years before her death from breast cancer, as a birthday present to her granddaughter, Chelsea, when she turned 8.

Both parties get tobacco money, although the Republicans have been getting five times more. Gore, now attacking Dole on the issue, used to join him in the Senate to defend tobacco interests.

Clinton ridiculed Dole for

questioning whether tobacco is addictive for everyone. But the president himself may be a rare example of when it is not — he has confessed to smoking "five or six" cigars a year.

"In Clinton's case he neither has a psychological addiction nor a regular psychological habituation," John Banzhaf, head of the Washington-based Action on Smoking and Health, said when Clinton's occasional smoking habit was described.

Banzhaf, an anti-smoking activist for three decades, said Dole's comments on addiction contained "a grain of truth and a grain of misunderstanding" that he feared smokers would use as an excuse not to stop.

The government's Centers for Disease Control and Prevention says only 8 percent of smokers who try to quit actually succeed. About 34 percent of the country's 46 million smokers try to quit each year.

Clinton said he smoked a pipe for four years, but only in winter. He said in December of his cigar smoking, "basically I don't anymore." His campaign spokesmen could not say whether he has stopped completely.

Dole found cigarettes "a godsend," one of his few pleasures during bedridden days in the hospital. Then he found them a devilish habit to break as he entered politics smoke-

free.

Gore quit smoking about 20 years ago, said media representative Lorraine Voles. He stopped growing tobacco on his Tennessee farm after his sister, Nancy Gore Hunger, a smoker, got lung cancer. She died in 1984.

But Gore had a Senate voting record largely supportive of tobacco farmers; Dole, even more so.

Gore, like Dole, defended federal price supports and an antitrust exemption for the industry. He did not vote when the Senate banned smoking on short flights in 1987, but backed the wider ban for domestic flights two years later.

He did not vote when the Senate considered a tobacco tax increase in 1988 and when it voted on reducing the tax deductibility of tobacco advertising in 1992.

Gore has long promoted public awareness of tobacco's dangers, Voles said. "But at the same time he was an elected representative of a tobacco-producing state."

Dole, who lost his brother, Kenny, to emphysema in 1993, voted almost consistently in support of tobacco interests — against tax increases, for the antitrust exemption and for the advertising tax deduction.

He did not vote on the short-haul airline smoking ban — a ban resisted by his wife, Elizabeth, when she was transportation secretary.

Clinton, who wants the Food and Drug Administration to regulate nicotine as a drug, attacked Dole's tobacco views in a speech to the AFL-CIO's national senior citizen's council in Chicago.

Some members of the audience jeered and laughed at the mention of Dole. Later, a few went outside the hotel to light up.

— Associated Press



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
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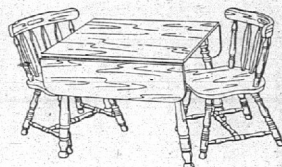


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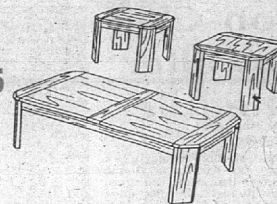
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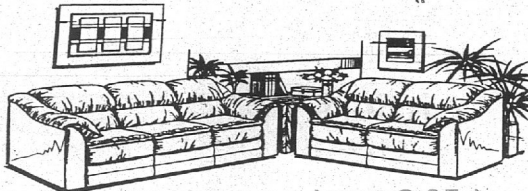
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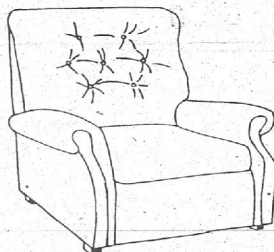
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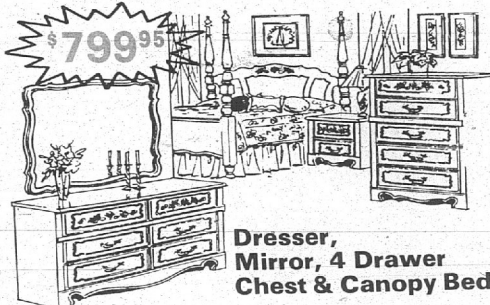
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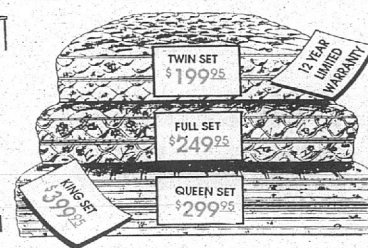


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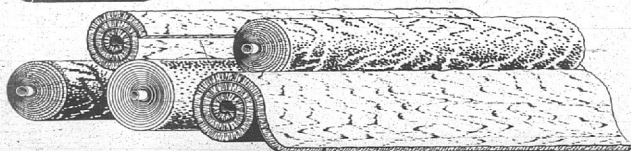


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Wednesday

Granite City Journal

# Sports

July 31, 1996—Page 1B



**Brian Jordan wants to be role model.**  
Page 2B



**Collinsville United Celtics win tournament.**  
Page 3B

## Mon-Clair may alter schedule

By Rob Raphael  
Staff writer

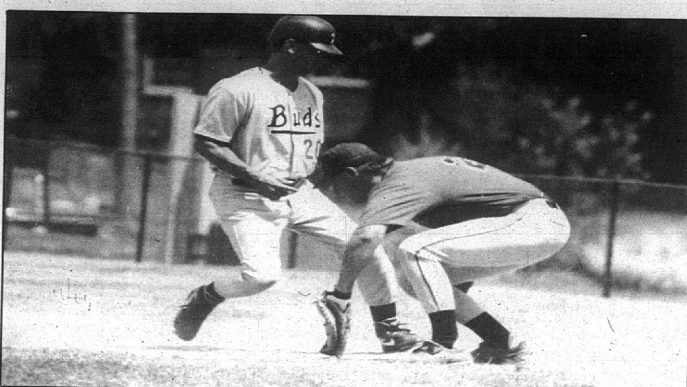
It's one of the oldest clichés in sports, but for teams in the Mon-Clair Baseball League, these really are the dog days of summer.

Although no one is complaining about the weather — Sunday's conditions were near perfect — it's to the point where the games can begin to grind on a team.

Especially when it's hard for most teams to even find nine people to play on a given weekend.

On Sunday, both Granite City and Sauget were playing with nine men a side during the second game of the double-header. That leaves little room for error, and no room for injury.

The entire Granite City team (See SCHEDULE, Page 2B)



Jim Wahlg, left, of the Waterloo Buds, returns to first base as Granite City's John Moad awaits the throw.

## Sauget splits with Clippers

By Rob Raphael  
Staff writer

The Sauget offense broke out of a slump and thrashed Granite City pitching for 17 hits, as the Wizards defeated the Clippers 10-4 to salvage a split of a Mon-Clair League doubleheader on Sunday at Sauget Field.

After being shut down by Granite City ace Darin Hendrickson in the first game, 8-0, the Wizards performed some magic of their own against Clippers starter Matt Tieman in game two.

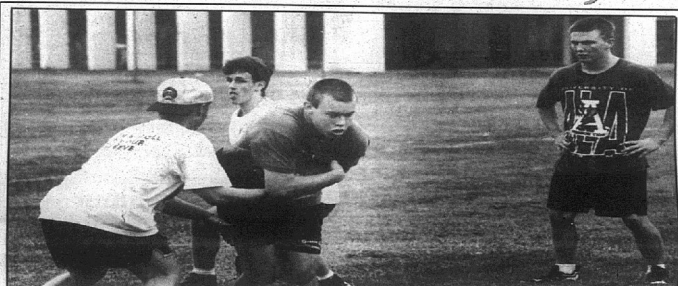
Behind the strong pitching of Drew Groffy, Sauget (7-13) found renewed vigor in the second game.

"We had been struggling so much at the plate, I think we were just overdue," said

Wizards acting manager Ryar Collins. "We basically hit the ball where they weren't, but we made solid contact. It was the first time in a while where we got some hitting from everybody in the lineup."

"We're not hitting the ball real well right now," said Clippers manager Dan DePew. "We didn't hit well (Saturday) against East Alton, and really not that well today. You go through periods like that, I guess — everybody does. It's just that quite a few of us are all going through it at the same time, and that makes it tough."

Granite City (13-5) was playing its third and fourth games in two days. The Clippers did something Saturday they hadn't done in (See CLIPPERS, Page 2f)



Warriors football camp — Granite City High School senior Bryan Johnson, left, hands off to junior Jeff Hayden during a recent football camp at the high school.

## Brickyard 400 salute at Tri-City

To kick off the celebration surrounding the Brickyard 400 at the Indianapolis Motor Speedway, Budweiser will present its third annual salute to the race Wednesday, July 31, at Tri-City Speedway in Granite City.

The UMP touring dirt late models and modifieds will be the feature attraction for the race program tonight.

The fan interest that is generated throughout the Midwest has made the event at Tri-City a stop for fans traveling to

Indianapolis for the event.

The prize money is more than \$20,000. Top drivers, such as Billy Moyer, winner of the UMP Summer Nationals; St. Louis-area crowd favorite Kevin Gundaker; UMP champion Mark Volgt; and at least 30 other top area drivers will participate.

The winner of the 40-lap main event will earn \$5,000.

Tri-City Speedway Budweiser modified Saturday night regulars Tom Seets, Larry Hughes, Keith Grider and Wayne

Downing will head the entry list in the champion modified main event, paying \$1,000 to the winner.

Spectator gates open at 5 p.m. tonight, with time trials at 7 and racing at 8. All reserved seats are \$16. Adult general admission is \$15 and \$5 for children 12 and younger.

The speedway offers free parking. It is located one-half mile south of Interstate 270 on Illinois Route 203. More information: Wente Enterprises, (314) 947-7287.

## Paddlers win three in a row

By Brian L. Jones  
Correspondent

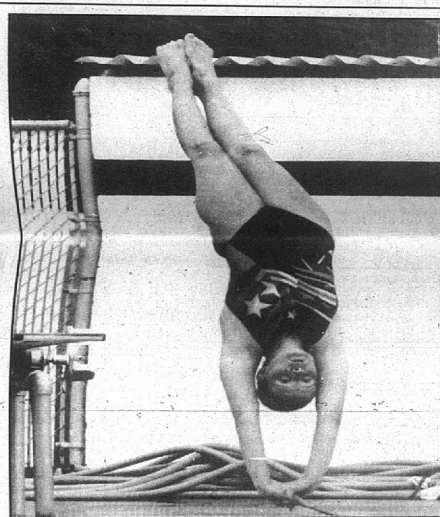
The Granite City Paddlers diving team is now a winner of three consecutive Southwestern Illinois Swimming Association conference championships.

The Paddlers produced nine individual (top-three) medalists and seven other top-six scoring divers Saturday en route to compiling 89 team points at the SWISA Championship Meet at the Summersport Pool in Godfrey. Mike Vivod claimed an individual championship for the Paddlers in the boys 11-12 age division, netting a 105.50 score on his four dives for first place.

Montclair from Edwardsville, the only team to beat the Paddlers all summer in regular-season dual-meet competition, finished second with 48 points and was followed in order by Summersport (40), Sunset Hills from Edwardsville (28), Wedgewood from St. Louis County (24) and Gaslight from Collinsville (22).

"This is a pleasant surprise for all of us, because we actually felt like we were somewhat of an underdog this year," said Paddlers coach Gayle McCormick. "Aside from losing by 16 points to Montclair, we had beaten Summersport by only five points (last week). Our numbers are down in the program after a lot of veteran divers left because they were either too old or moved out of town or whatever. So I would call this somewhat of an upset."

With teams allowed to enter only two divers per age/gender division, the Paddlers recorded a clean sweep only in the 11-12 boys group with Joe Lehné plac-



Kim Cuvor placed sixth in the 15-18 age division at the SWISA conference championships.

ing second behind Vivod with a 96.00 score. However, for that very reason, McCormick called this the most gratifying of the three successive SWISA titles Granite City has won since 1994.

"This is the first time we've won it with a group effort in the true sense of the word," McCormick said. "In the past, we've had a handful of outstanding divers who gave us a lot of first and second places. We had only the one first place in this meet, but we had five seconds, three thirds, three

fourths, two fifths and two sixths."

Fourth-through-six-place divers also received ribbons. Points awarded for each place were seven for 1st place, five for 2nd, four for 3rd, three for 4th, two for 5th and one for 6th. The team point balance is a tribute to McCormick and her coaching staff, considering four first-year members of the Paddlers scored at the meet. One of them, Josh Nicholson, placed second in the 8-under boys division (See PADDLERS, Page 2B)

## NHL Breakout '96 this weekend

NHL Breakout '96, the National Hockey League's grass roots street and roller hockey tournament and festival, will make its local stop in the St. Louis area Aug. 3-4 at the U.S. Ice Sports Complex.

NHL Breakout, an off-ice hockey tournament, combines competition with free interactive hockey-themed activities, St. Louis Blues appearances, instruction and entertainment.

After a tour that brought an

estimated 125,000 people in nine cities, NHL Breakout begins its second season with stops planned in 18 North American cities. More than 400 teams will compete in organized tournaments each weekend, with an estimated 300,000 participants and spectators expected over an eight-month span.

"NHL Breakout has quickly established itself as the pre-eminent grass roots off-ice

hockey tournament — combining first-class players with the best officiating from USA Hockey In-Line, the involvement of NHL players and the authenticity of the National Hockey League," said Ken Yaffe, director of fan development for NHL Enterprises.

"We are thrilled to be bringing this world-class event to the great hockey market of St. Louis, offering fans of all ages (See NHL, Page 2B)

## Caring Program for Children Walk

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Be a part of the fun! Join the Cardinals in helping provide preventive health care coverage to children who need it the most. Step out for the 5th Annual WalkFest '96 to raise money for the Caring Program for Children. The fun begins on Saturday, September 7. Registration begins at 7:30 a.m. The Walk begins at 9 a.m.

Simply fill out the registration form to the right and mail it to: The Caring Program for Children, 1831 Chestnut Street, St. Louis, MO 63103. Or call Angela Parker at 923-4763 for more information.

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In consideration of the furtherance of your purposes, objectives, and work and in consideration of you permitting me to participate in the walk, I hereby have executed, signed, and assigned, in full, my power of attorney, to the undersigned, to execute and release any and all claims you, the municipalities through which the walk will take place as well as any other persons, suffer while taking part in the walk or at a result thereof.

**IMPORTANT: Walkers under age 18 must have this application signed by a parent or guardian.**

Walker's Signature \_\_\_\_\_ Parent/Guardian \_\_\_\_\_



# •Clippers, •Schedule

(Continued from Page 1B)  
at least two years — they lost a doubleheader.  
But they came out strong in game one, taking a quick 4-0 lead after three innings, then adding some insurance when Jason Wood belted a two-run homer off losing pitcher Charlie Poundexter.  
Poundexter made his share of good pitches to the Clippers, as he allowed only six hits. But his fatal error was walking seven Granite City batters. Poundexter walked Brian Harshy before Wood hit his homer.  
Hendrickson allowed seven hits for the shutout, as he won his ninth league game against just one loss.

In game two, the Clippers momentum appeared intact as Tim Hogan reached on an error and was driven in by brother Jamie Hogan on a ground ball.

But the Wizards' bats awoke in their half of the second, as they sent 11 key runs to the plate and scored six times on eight hits.

Tim Campbell had the biggest hit of the inning, a bases-loaded double.

After Granite City scored their second run in the top of the third, Saugat came back and scored twice in the fourth and twice in the fifth. The Clippers failed to go quietly, as they played two in the seventh and had two men on when Groff closed the door.

"That's as well as I've seen Drew throw the ball," Collins said. "He kept the ball down, and was able to get his off-speed stuff over. Really, I thought our pitching was decent in both games today. Charlie had control problems, but he made a lot of good pitches and we didn't play well behind him."

Meanwhile, the Clippers, pitching thin after four games in two days, will regroup for another pair of doubleheaders next weekend.

"It seemed like every bounce went against us this weekend," DePew said. "But that's the way the game is sometimes. The guys are testing us, and even tougher times are ahead. We just hope we can turn things around by the playoffs."

## •NHL

(Continued from Page 2B)  
and skill levels. The opportunity to compete and learn from the best in the game, and have fun, too."

Admission is free for all activities other than organized tournament play.  
For more information on how to register a team or for general tour information, call the Breakout hotline at (314) 622-2528.

Providing hockey instruction and competitive play for the fans, the tour will also offer the chance to try in-line skates for the first time, learn hockey basics, or perfect their skills.

"NHL Breakout will feature other attractions, including street and roller hockey clinics, a hockey obstacle course, in-line skating trials, a radar slapshot cage, an NHL video pavilion and sponsor exhibit areas."

About 100 local teams representing all ages from 6-years-old and up will compete in street and roller hockey tournaments throughout the weekend.

Each tourney consists of a round-robin format and features five-on-five play with a maximum of nine players per team. Competitors are guaranteed a minimum of three games, which consist of three eight-minute periods.

Games will be played in an "NHL Cool-Air" arena system, a state-of-the-art inflatable office hockey rink. The tournament games will begin at 8:30 a.m. and continue through 5:30 p.m. Saturday and Sunday.

## Coolidge, Grigsby volleyball tryouts

Coolidge and Grigsby Middle School volleyball practice will begin 9 a.m. Tuesday, Aug. 27, at the two respective schools. Girls interested in playing must have a current physical and a signed parent permission form before they can practice.

Practices will be held from 9 a.m. until noon Aug. 27-29. Practice will begin at 2:30 p.m. Friday, Aug. 30. Parent permission forms and other information may be obtained at the school offices after Aug. 19. The coaches at Coolidge are Michelle Zukas and Cheri Petrillo, and at Grigsby coaches are Connie King and Judy Collins.

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(Continued from Page 1B)

gaped in the bottom of the fifth inning, when Clippers catcher-manager Daren DePew was struck in the mid-section by a foul tip.

It took several minutes before DePew could continue, but with no one to take his place he had no choice but to play.

Both managers on Sunday — DePew and Saugat's Ryan Collins — caught both games. For DePew, it was his third and fourth games at catcher over the weekend.

"They don't even do that in the pros," Collins said. "It's insanity."

Both managers expressed a desire to change the format of the Non-Clair schedule. It's something that is a big discussion league-wide. Three teams (East St. Louis, Edwardsville and Belleville) have forfeited from the league over the last year, and several other teams have played games with the minimum of nine players.

"It's something that needs to be looked at," DePew said. "I feel like we could make it play some of our games at night, or maybe during the day, but we need to do something. Playing doubleheaders Saturday and then Sunday is just too much."

It's the consensus of everyone in the league, from the managers up to president Mel Patton, that the subject will come up at the annual winter meetings in January.

I know in talking to the guys on our team, Sundays are not always the best days to play five hours of baseball," Collins said. "For a lot of these guys, it's the only day off. Sometimes they'd like to spend them with their families, so you can't blame them for that."

"I guess things are different than they used to be."

## •Paddlers

(Continued from Page 2B)

with a 41.90 score.

The other placing novices were Jessica Weaver with fourth among 8-under girls (46.10 points); Tony Johnson with fourth among 13-14 boys (92.30); and his brother A.J. Johnson with fifth among 15-18 boys (134.10). The Paddlers' highest score was turned in by Allison Krinski, who is only 14, but competed in the 15-18 girls division and scored a 194.05 on eight dives for second place.

"I believe that's the best score she's ever had at SWISA," McCormick said of Krinski. "The higher scores tend to match up with the degree of difficulty of the dive. She performed some very tough dives."

Joining Weaver as a scorer among 8-under girls was Sarah Hartzel with sixth place on a 43.60 tally. Ian Hartzel scored a 76.60 for third place among the 9-10 boys, while Allison Streid (second place) and Rachel Clark (fifth) both scored in the 9-10 girls division

Saugat 10, Granite City 4

Game	Team	W	L	T	AB	R	H	E	BB	SO	IP	ER	BB	SO
1	SAUGAT	10	4	0	30	10	10	1	1	1	9	0	1	1
2	GRANITE CITY	4	10	0	20	4	10	1	1	1	9	0	1	1
3	SAUGAT	10	4	0	30	10	10	1	1	1	9	0	1	1
4	GRANITE CITY	4	10	0	20	4	10	1	1	1	9	0	1	1
5	SAUGAT	10	4	0	30	10	10	1	1	1	9	0	1	1
6	GRANITE CITY	4	10	0	20	4	10	1	1	1	9	0	1	1
7	SAUGAT	10	4	0	30	10	10	1	1	1	9	0	1	1
8	GRANITE CITY	4	10	0	20	4	10	1	1	1	9	0	1	1
9	SAUGAT	10	4	0	30	10	10	1	1	1	9	0	1	1
10	GRANITE CITY	4	10	0	20	4	10	1	1	1	9	0	1	1

28 — Granite City: Stephens, Winfield, Saugat; Schmidt 2; Stearns, Campbell, 38 — None. 29 — None. 30 — Granite City: Thigmon, Wood, Saugat; Dawson.

Team	W	L	T	AB	R	H	E	BB	SO
Granite City	4	10	0	20	4	10	1	1	1
Saugat	10	4	0	30	10	10	1	1	1

Waterloo manager Vern Moehrs, a guy who has been around the league for 30 years — agreed that work schedules, etc., make it tough for many of the players to show up on a Saturday or Sunday afternoon.

Moehrs said, "If six league fields having lights, some games could be played at night, and he said Friday would be a good night to play games."

DePew agreed, and added Wednesday as a possible night, although Wednesday adult leagues already exist in the Metro East area.

"That could be a problem, but something has to be worked out," DePew said. "We could maybe play one nine-inning game during the week, and another on the weekend. I think that would be good for the league."

"All I know is something needs to be changed," Collins said. "It seems like we're just getting by week to week. I know it's the same for a lot of teams."

with respective scores of 70.50 and 60.55.

Liz Dochwat picked up a third-place medal with a 92.05 among 11-12 girls. Andy Ravano also was third among 13-14 boys (95.80) and Laura Canada placed second among the 13-14 girls with a 134.40. Kim Cuvar joined Slover as a scorer in the 15-18 girls division with a 161.50 for sixth place. Paddlers coaches will present Most Valuable Performer awards at the team postseason banquet on Aug. 24th.

"We've had a number of top divers who have gone through the program and have been role models for the younger kids," McCormick said. "I think Jenny Baker was a major inspiration for our team this year. She just finished up her fourth year of NCAA diving at the University of Kentucky and the kids followed her career through newspaper articles and reports about her on T.V. We encourage the kids to aspire to achieve what she has in the sport."

three-game guarantee. During the weekend, three days of barbecue and cold refreshments will be offered. All proceeds from the Summer Fest go to the MDA and Jerry's Kids to help fight muscular dystrophy.

The deadline for registration is Aug. 14. For additional information, call Steve Jones at (314) 429-9100 or Paul at (314) 291-8840.

## MDA Summer Fest Aug. 16-18

The 16th Annual Budweiser Muscular Dystrophy Association Summer Fest will be held Aug. 16-18 at the Bridgeton Municipal Athletic Complex in north St. Louis County. The fest, which is sponsored by Grey Eagle Distributing, features a 60-team softball tournament, with 48 men's teams and 12 coed teams. A softball throwing contest will also be held.

The entry fee for the softball tourney is \$100, and features a

three-game guarantee. During the weekend, three days of barbecue and cold refreshments will be offered. All proceeds from the Summer Fest go to the MDA and Jerry's Kids to help fight muscular dystrophy.

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## Brian Jordan wants to be role model

By Mike Elder  
Staff writer

NBA star Charles Barkley does not want children to look to him to show them how to act responsibly today.

"I want the kids to know I am a role model," he said. "I want to do the right things."

Jordan proves that with his actions. He's one of the most active Cardinals players these days in terms of giving back to the community that supports his team.

Jordan, along with his wife, Pamela, is active in an organization called Safety and Firearms Education, Inc. (SAFE), and also donates 50 tickets to youngsters for every Sunday home game.

"I want to give back to the community," six league considers the opportunity to play Major League Baseball a privilege and one subject to expectations. "We're just starting out. In the near future, it's going to be a lot more."

Right now, Jordan is very active in SAFE. The program, which Jordan speaks passionately about, is designed to educate students about the risks and dangers of carrying weapons to school, encourage students to take active roles in keeping their schools and neighborhoods safe, and empowering students by providing them with safe and realistic ways to do their part in keeping schools safe.

"When you go to school, you should be there to have fun and learn," Jordan said. "You shouldn't have to worry about getting shot or stabbed because of weapons in the school. It's getting bad and we've got to put an end to it."

Jordan has his own children — Briana and Bryson — in mind when he works with SAFE, which has set up a hotline that allows students to call anonymously and report a fellow student who has a weapon at school.

"I'm already scared for them and they're only 4 and 2 (years old)," Jordan said of his children.

The former Atlanta Falcons football player said he hopes a visit from President Bill Clinton to St. Louis in September will give the program a big boost.

"I'm looking forward to that," he said. "I think that's going to be a lot of fun."

Another of Jordan's favorite topics is education. He regularly speaks to youngsters about the importance of keeping their noses in books.

"I think it's the most important thing that you can preach today," he said. "When I went to the University of Richmond, education was my No. 1 priority. Everybody knows Brian Jordan, the guy who played pro football and now baseball. But Brian Jordan has a college degree, but they don't know the little things."

Many people probably don't know that Jordan donates free Cardinals tickets to children, either. He said he does it to show kids somebody cares.

"We love helping kids who are less fortunate," Jordan said. "I grew up in some tough times. My parents went through bankruptcy. Just watching them, well, I'm always going to give back. It's me."

Jordan, in addition to trying to help the Cardinals reach the playoffs this year, said he plans to continue to work for (See JORDAN, Page 3B)

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## United Celtics win in tourney

The Collinsville United Celtics, a boys U-13 select soccer team, recently captured the championship of the Owensboro (Ky.) Summerfest Tournament.

The Celtics defeated another team from Collinsville to win the tourney. Facing the Collinsville Rowdies, the defending tournament champions, Collinsville United jumped out to a 4-1 lead and withstood a late rally to prevail 4-3 in near 100-degree heat.

Earlier in the tournament, the Celtics advanced with a 2-1 victory over Hopkinsville, Ky. In their opener, the Celtics battled from behind to earn a 3-3 tie with the Owensboro Fury.

In the championship match, Lee Zarzecki scored what turned out to be the winning goal when he took a pass from Justin Hayes midway through the second half and found the net. Hayes beat a pair of defenders on the left side and found Zarzecki near the top of the penalty area, and Zarzecki fired a low shot into the net for a 4-1 lead.

Derek Cochran gave the Celtics a 1-0 lead on an early goal off an assist from Tim Titchenal. It became 2-0 when Ryan Donahue scored on a breakaway.

After the Rowdies' Bobby Hensley made it 2-1, the Celtics came back just before halftime with a goal by Dylan Bechtold, assisted by David Jun, to make it 3-1 at the break.

But two goals by the Rowdies in the last five minutes of play turned the all-Collinsville finale into a thriller.

Hensley led the Rowdies into the championship game with nine goals in the team's first two games.

A strong defensive effort keyed by marking back Eric Quevareaux and goalie Kasey Smith helped lead the Celtics to the title. Other defensive standouts included Cochran at stopper, wingbacks Tommy Viviano, Donnie Benson and B.J. Hunter and sweeper Matt Cain.

The Celtics are coached by Paul Van Dyke and assistant Pete Hayes.

## •Jordan

(Continued from Page 2B)

the causes in which he believes. "Our main goal in life is to open a child counseling center," he said of him and his wife. "It's something we want to do in the near future."

## Cardinals Team of the Week

Sponsored by Alliance Blue Cross and Blue Shield



The Collinsville United Celtics won the Owensboro (Ky.) Summerfest Tournament this summer. Pictured front row from left are B.J. Hunter, Matt Cain, Kasey Smith, Tommy Viviano, Justin Hayes and Tim Titchenal. Pictured in the back row are coach Paul Van Dyke, Ryan Donahue, Lee Zarzecki, Dylan Bechtold, Derek Cochran, Eric Quevareaux, Donnie Benson, David Jun and manager/assistant coach Pete Hayes.

## St. Louisan Spray added to field for Boone Valley senior tourney

By Dan Barger  
Staff writer

St. Louisan Steve Spray has been added to the field for the first Boone Valley Classic, the Senior PGA Tour event that will be played Sept. 2-8 at Boone Valley Country Club in Augusta, Mo.

Spray is no stranger to big-time golf. The 55-year-old head professional at St. Louis Country Club competed on the PGA Tour for 10 years in the late 1960s and early 1970s. He won the 1969 San Francisco Open and finished second in the Sahara Invitational and fifth in the U.S. Open in 1968.

After returning to St. Louis in 1975 as the professional at St. Louis Country Club, Spray became involved in the Gateway Section of the PGA. As a player, Spray won the Gateway PGA Section Championship in 1977 and 1979 and was

named Player of the Year in 1984. Spray also was the Gateway PGA president in 1993 and 1994.

The sponsors' exemption to the Boone Valley Classic is one of a handful available, according to Darrell Ewalt, media coordinator for the tournament.

"Steve Spray is a great local player and an outstanding club pro at St. Louis Country Club," Ewalt said. "The sponsors wanted him to be part of the tournament. St. Louis golf fans will be able to see him compete."

Spray has had some success on the golf course this year following surgery on both shoulders in 1995. In April, he played in the PGA Seniors Championship at PGA National Golf Club in Palm Beach Gardens, Fla. After rounds of 75, 76 and 75, he fired a 3-under 68, finishing in 30th place.

A 299 total by Spray in the U.S. Senior Open at Canterbury Golf Club in Beachwood, Ohio, in July was good for a tie for 54th place. Playing in only three events this year, Spray has earned \$12,280 on the Senior PGA Tour.

Spray will join a Boone Valley Classic field that is expected to include, among others, Hale Irwin, Ray Floyd, Graham Marsh, John Bland, Walter Morgan and Jay Sigel.

There still are tickets available for the Boone Valley Classic. The cost is \$90 for a weekly general admission badge, which is transferable. It can be used by more than one person for admission to the tournament.

Tickets may be ordered by using a ticket request form that is available at Schnucks Markets and at St. Louis-area golf courses. For more ticket information, call 991-2999.

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<p><b>Absolut Vodka</b> 14.99 each 750 ml.</p>	<p><b>Kahlúa Liqueur</b> 14.49 each 750 ml.</p>	<p><b>Malibu Rum</b> 10.49 each 750 ml.</p>	<p><b>McCormick Gin or Vodka</b> 8.49 each 1.75 L.</p>
<p><b>Passport Scotch</b> 14.49 each 1.75 L.</p>	<p><b>Kessler</b> 12.99 each 1.75 L.</p>	<p><b>Seagram's Coolers</b> 2.59 4-pack 4-pack, 12 oz. non-returnable bottles.</p>	<p><b>Sutter Home</b> 3.49 each White Zinfandel or Sauvignon Blanc, 750 ml.</p>
<p><b>Carlo Rossi</b> 7.29 each Blush or Chablis, 4 L.</p>			

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# Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty.

Corrections, additions and deletions of information are encouraged, and new entries may be added at anytime by calling the newsroom at 876-2000.

This calendar runs in every Wednesday's Journal.

## Wednesday, July 31

Disabled American Vets Chapter 53 offers a service officer from 1 to 3 p.m. at the Tri-City Veterans Home, 1417 19th St. in Granite City. Call 876-7816 for more information.

Pontoon Beach Seniors bingo, noon, 3910 Illinois 111, Pontoon Beach.

Pulmonary Support Group, for persons with diagnosed

lung condition, 11 a.m. to noon in 4-Doctors Solarium, St. Elizabeth Medical Center, 798-3019. Singles Connection meets at 6:30 p.m. in the parking lot behind the Glen Carbon Firehouse on Main Street (Glen Carbon Road) to bike ride or hike the Glen Carbon Trail. Call Linda at 656-3364 for more information.

Al-Anon, 7:15 p.m. Gateway Foundation, 600 W. Lincoln Ave., Caseyville. Call 463-2429 for more information.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. Elizabeth School's Noah's Ark Day Care, Pontoon Beach, Granite City. The meetings are closed except for the last Wednesday of the month.

CARD (Collinsville Area Recreation District), in conjunction with the Boots and Slippers Square Dance Club, sponsors square dance lessons from 7 to 9 p.m. at Lanham, 2200 Vandallia St., Collinsville. The cost is \$2.50 per person, per session. For information,

call 344-4636 or 344-4183, or contact CARD at 346-7529.

Divorced/Separated Group, 7-8:30 p.m., Eden United Church of Christ, 903 Second Street, Edwardsville, 656-9293.

Parents Anonymous Group, 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 462-2714.

Madison Action Group, 7 p.m. For more information call Dan at 452-2335 or Diane at 876-1360.

## Thursday, Aug. 1

Behavioral Health presents a talk on "Family Relationship and Eating Disorders" at 7:30 p.m. at the Edwardsville Health Center, 121 University Drive in Edwardsville. This talk is free and open to the public. For more information, call 798-3888.

Lions Club of Pontoon Beach, 6:30 p.m., the Lions Den, 3901 Lake Drive in Pontoon Beach. Anyone interested in helping the visual or hearing impaired are welcome. Call Bob at 797-0747 for more

information. Ben's Chiropractor, 3361 Fehling Road in Granite City, is offering free electronic spinal screenings from 9 a.m. to noon. Call 876-2273 for more information.

Chouteau Township Seniors, 9 a.m. to 2 p.m., Social Center, 905 Thorngate Drive, Mitchell. Eagle Park Acre Seniors, 10 a.m. to noon, 100 Hill St. (rear), Eagle Park Acres, Madison.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 11 a.m., 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

Take Off Pounds Sensibly Chapter 2363, 6:45 p.m., Anchorage Recreation Center, 2909 Edwards St. For information, 797-6351 or 877-2784.

Al-Anon, 8 p.m., Wellness Center, 2103 Iowa, 463-2429. Narcotics Anonymous, Seeking recovery, 8 p.m., 2016 Delmar Ave., 24-hour hot-line

398-9409.

Granite City Community Band rehearses from 7:30 to 9 p.m., St. John United Church of Christ, 2801 Nameoki Road, Granite City, 931-0443.

## Friday, Aug. 2

Greater Beneficial Union of Pittsburgh District 491, Granite City Council, 8 p.m., Third Baptist Church, 26th Street and Grand Avenue in Granite City. James P. Reagan, president, 288-7396; or Mary Solomon, secretary, 451-9201.

Yard sale, 8 a.m. to 4 p.m., Victory Worship Center, 2601 Cayuga St. in Granite City. Available will be homemade chicken and dumplings. Proceeds go to the ladies auxiliary of the church for upcoming projects.

Al-Anon, 8 p.m., Milonski Room in the basement at St. Elizabeth Medical Center. Call 463-2429 for more information.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Friday Afternoon Pinochle for seniors 55 and over, 12:30 p.m., Harold Brown Building, Franklin Avenue and Pontoon Road. Call 877-0850 for more information.

STEMSS (Support Together for Emotional and Mental Serenity and Sobriety), a support group for people with a mental illness and an alcohol or substance abuse problem, 1:30 to 2:30 p.m., Pascal Hall, St. Elizabeth Medical Center. Call 798-8804 for more information.

## Saturday, Aug. 3

Polish Pierogi Sale, 9 a.m. to noon, Sacred Heart Polish National Catholic Church, 930 Reynolds St. in Madison. Seven varieties available: cabbage, cheese, sauerkraut, potato, sausage and sauerkraut, plum pudding and laco. Carry-outs only, \$5 per dozen. Cooked and ready to heat and eat. Order ahead by calling 876-5800, 876-8696 or 931-3367.

Yard sale, 8 a.m. to 4 p.m., (See CALENDAR, Page 5B)

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P255/60SR15	RWL	90	P205/50HR15	BLK	124
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30x9.50R15/6	92	115	
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LT215/85R16/8	99	109	
LT235/85R16/10	104	119	
LT245/75R16/10	104	120	
LT265/75R16/6	—	129	
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## Calendar

(Continued from Page 4B)

Victory Worship Center, 2601 Cayuga St. in Granite City. Available will be homemade chicken and dumplings. Proceeds go to the ladies auxiliary of the church for upcoming projects.

Yard sale, 9 a.m. to 1 p.m., Wilson School, 2400 Wilson Ave. in Granite City. Proceeds go to the Parent-Teacher Association of the school for help to build playground equipment.

at the school. Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600. Al-Anon Adult Children, 10 a.m., Wellness Center, 2103 Iowa, Granite City, 463-2429.

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409. Rescue Mission, 1536 Fourth St., Madison, food pantry open 9 a.m. to noon. Samuel Turner, chairman; Valonda Turner, secretary; and Alfred Turner, pastor.

## Sunday, Aug. 4

Pontoon Beach Jaycees, 7:30 p.m. Ralph and Charlie's Steak House. Meetings are open and the public is invited. Senior Social Club sponsors games at the Granite City Township Hall, 2060 Delmar Ave. in Granite City. Doors open at 12:30 p.m., bingo and games start at 2 p.m. Call 877-1215 for more details.

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Narcotics Anonymous, Live the Steps, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409. Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, Pascal Hall, main floor, Granite City, 1 (800) 307-6600.

Eagles Auxiliary 1126 Bingo, 1 p.m., Nameoki Bingo Center. Included are a color raffle, 50/50 drawing, free games and other raffish.

## Monday, Aug. 5

Disabled American Vets Chapter 53 Auxiliary, 1417 19th St., Granite City, 876-7816, 8 p.m.

Quad City Youth Fellowship Adult Board, 2257 Cleveland, 7 p.m., 931-3480 or 877-4848.

Camera Explorers Club, Hartford Public Library, 143 W. Hawthorne St., 7 p.m., call Beverly Zager, 254-9394.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 463-2429.

Chemical Dependency Relapse Prevention group, 6:30 to 8:30 p.m., Edwardsville Health Center, 1123 University Drive in Edwardsville. The group focuses on eliminating relapse-prone thinking, feeling and behavior patterns and helping group members grow in sobriety. For more information, call 798-3888.

First Place, a Christ-centered nutrition program, 6 to 7 p.m., First Baptist Church, 2041 Delmar Ave. in Granite City.

Neglected Victims of Child Sexual Abuse, a support group for nonoffending parents of victims, 6 to 7:30 p.m., Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center. Call 692-2197 for details.

TOPS 2048 (Take Off Pounds Sensibly), 6 p.m., Melvin Price Support Center in Granite

## City, 876-2124.

TOPS II, 645, 7 p.m., Anchorage Recreation Center, 2902 Edwards St., Granite City, 463-6102. Men and women welcome.

## Tuesday, Aug. 6

Behavioral Health System presents a talk on "Adolescent Substance Abuse" at 7:30 p.m. in Pascal Hall at St. Elizabeth Medical Center. The speaker will be Warren Neal. This talk is free and open to the public. Call 798-3888 for more information.

Diabetes Support Group, 1 to 3 p.m., President's Room, St. Elizabeth Medical Center, 798-3456.

Alliance for the Mentally Ill of Madison County, (AMI), 7 p.m. to 9 p.m., Mental Health Clinic, 50 Industrial Drive, Granite City. For information call 798-3604.

Homemakers Extension, Granite City Unit of Madison County, noon, Anchorage Recreation Center. For more information call 876-7026 or 931-3725.

Homemakers Extension, Trio Unit of Madison County, noon, Hope Lutheran Church, 3715 Wabash Ave., Granite City.

Pontoon Beach Library Board meeting, Pontoon Beach Village Hall, 3910 Highway 111, 6:30 p.m.

Legal Secretaries Association of Madison County, 6:30 p.m. Open to everyone in legal

field; attorneys, legal secretaries, support staff, court reporters and court personnel. For more information call 463-4400.

Beaumont Chioprac, 3361 Fehling Road in Granite City, offers free electronic spinal screenings, 9 a.m. to noon. Call 876-2273 for more information.

Manic Depressive Association of Madison County, 7 to 9 p.m., St. Elizabeth Medical Center, James E. Lewis and Karl A. Strassman, Co-leaders, conduct the meetings. For more information, call 877-7517 or (314) 776-4929.

TOPS 1699, (Take Off Pounds Sensibly), 6:45 p.m., Anchorage Recreation Center, 2902 Edwards St.; call 797-2724 for more information. Men and women are welcome to attend.

Alcoholics Anonymous, 8:30 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous (women only), 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 692-8078.

Al-Anon, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 463-2429.

Al-Anon, 8 p.m., Niedringhaus United Methodist Church cafeteria, 20th and Delmar, Granite City, 463-2429.

Alateen-PreAlateen Program for 12 to 17 age group, and prealateen for six to 11 year age group, 8 p.m., Niedringhaus United Methodist Church, 20th and Delmar. For more information call 463-2429.

The Blood of the Lamb prayer and bible study. The public is invited to come for praise and worship, teaching from the Word and prayer for your needs, 10:30 a.m. to 12:30 p.m., Full Gospel Fellowship Hall, 2301 Orville, Granite City. A nursery will be provided. If a ride is needed, call 451-4020 or 1 (314) 868-1865.

The Circle of Hope, a 12-step healing program for anyone whose life is affected by HIV infection, 7 p.m., King's House, North 68th Street in Belleville. For more information, call 234-0291.

Granite City Kiwanis, Shoney's, 7:30 a.m.

Narcotics Anonymous, Path to Recovery, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

School of Metaphysics, 7:30 to 10:30 p.m., 9459 Roslan Place, St. John, Mo. 63114. Classes in applied metaphysics. Call Melanie McManus at 429-0076.

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Will Be Discussing Corrections of Scoliosis  
TUESDAY, AUGUST 6TH - 7:00 P.M.  
at  
2502 PONTOON ROAD  
931-2001

**SCOLIOSIS**  
"As the twig is bent, so grows the tree"

DR. L. A. SHIPLEY  
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## Births

**Justin Schwertmann**  
Frank and Theresa Mae Schwertmann of Glen Carbon have announced the birth of their second child, a son.

Justin Ryan was born at 1:49 p.m. June 18, 1996, at St. Elizabeth Medical Center and weighed 9 pounds, 5 ounces.

The mother is the former Theresa Mae Waters. Maternal grandparents are Charles Waters of Godfrey and Carolyn Wallace of Medora, Ill. Paternal grandparents are Frank and Barb Schwertmann of Mitchell.

Justin joins John Michael, 5.

## Robert French

Lauren Acker and Robert French Jr. of Collinsville have announced the birth of their first child, a son.

Robert Allen was born at 9:35 a.m. on June 24, 1996, at Anderson Hospital and weighed 7 pounds, 13 ounces.

Maternal grandparents are Randy and Kim Acker of Collinsville; and Judy and Jeff Engle also of Collinsville.

Paternal grandparents are Tony and Lana Luckshis of Glen Carbon; and the late Robert French, Sr.

## Kristen Byrne

Robert Byrne and Brandi Argent, both of Granite City, have announced the birth of their first child, a daughter.

Kristen Mary Elizabeth was born at 5:52 p.m. May 2, 1996, at St. Elizabeth Medical Center and weighed 6 pounds, 15

ounces.

Maternal grandparents are Gregory and Vickie Argent of Granite City. Paternal grandparents are Dennis and Annie Byrne of Granite City.

## Noah Ostresh

Michael and Tina Ostresh of Granite City have announced the birth of their second child,

a son.

Noah Michael was born at 4:32 a.m. July 10, 1996, at St. John's Mercy Medical Center in St. Louis and weighed 7 pounds, 14 ounces.

Maternal grandmother is Barb Montgomery of Affton, Mo. Paternal grandmother is Lottie Ostresh of Granite City.

Noah joins Nicole.

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## Briefly

## Yard sale set

Victory Worship Center, 2601 Cayuga St. in Granite City, will hold a yard sale from 8 a.m. to 4 p.m. Aug. 2 and 3.

The ladies of the church will also be selling homemade chicken and dumplings. Proceeds will go to the ladies group for its many projects.

In case of rain, this sale will be held on the lower level of the church.

The public is invited.

## Senior menus

Donations for noon meals are \$2. Call day ahead for reservation, 877-4373.

**Wednesday, July 31**  
Barbecued ribs, broccoli salad, baked beans, wheat bread, cherry turnover.

**Thursday, Aug. 1**  
Sloppy Joe, potato triangles, sliced carrots, bun, pineapple.

**Friday, Aug. 2**  
Fried fish fillet, parsley potatoes, zucchini and tomatoes, rye bread, lemon pudding.

**Monday, Aug. 5**  
Fried chicken, whipped potatoes, gravy, mixed vegetables, wheat bread, sugar cookies.

**Tuesday, Aug. 6**  
Ham and beans, creamy cole slaw, corn bread, fruit cocktail.

**Collinsville Christian Academy**

Enrollment Application for 1996 - 97  
School Year is Now Available

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## Horoscope

Wednesday, July 31

On the day after the full moon in Aquarius, we can all assimilate the little bits of information we learned last week. It's a time to put that intellect to work for us and formulate a new plan of action. There is a detached, sympathetic atmosphere that is perfect for ending loose ties and launching new projects. Keep your energy flowing among friends.

**ARIES** (March 21-April 19). Select your friends carefully. Do not go along with the crowd against your own judgment. Fulfillment comes from home-decorating related activities. An outsider helps you out of a jam. A Sagittarius comes clean.

**Taurus** (April 20-May 20). Your factual approach to a meeting with the boss puts you on his or her good side. In a creative outlet, make sure to complete the work you agreed upon. Business partners have excellent ideas for expansion.

**GEMINI** (May 21-June 21). Verbal skills shine. Take tests; and go for new jobs. The fields of art, fashion and the theater are

right for you. Your love life needs a boost, so let friends know you are looking for romance. A Capricorn presents an opportunity.

**CANCER** (June 22-July 22). Calm throughout the office is the result of your excellent leadership ability. You love to collect, and luckily, something in your possession is worth a lot of money. Your current love is ready to make commitment.

**LEO** (July 23-Aug. 22). Work events are reminiscent of a past situation you handled expertly. Concentrate your energies on one goal instead of scattering your efforts. Let your family know they must stick to a budget. Do not mince words today.

**TODAY'S BIRTHDAY** (July 31). A whole new you is born of positive health changes and romantic decisions. Your popularity grows. Take advantage of new contacts in your business in August. A husband or wife is ready to help you go back to school; accept this opportunity. Look for Libra and Scorpio—they spoil you in romance but challenge you in money matters. Play the

field for a while.

**VIRGO** (Aug. 23-Sept. 22). Talent blossoms under an experienced teacher. Make presentations to clients. Ask creditors for loans. Others want to agree with you. Talk to an ex about a child custody problem. A Scorpio needs your compassion.

**LIBRA** (Sept. 23-Oct. 23). Financial gain comes from being in the right place at the right time. Follow the advice of experts. Make a decision, and stick with it. Your creative talents in writing, designing or performing are exceptional now, but work alone.

**SCORPIO** (Oct. 24-Nov. 21). Try not to depend on other people or you could be disappointed. Retailing is extremely successful now, so don't spend frivolously. The morning brings deep satisfaction in love. A Cancer professes his or her love.

**SAGITTARIUS** (Nov. 22-Dec. 21). You have a sixth sense about what the public wants. Invest in ideas. Subtly helps a loved one to diet. Loosen up in a social setting. Your wit turns an uncomfortable situation around. A Leo lends a sense of purpose.

**CAPRICORN** (Dec. 22-Jan. 19). What you believed to be an overpromise on your sweetheart's behalf becomes reality. Put physical fitness at the top of your list. You need to take care of yourself for a change. Finally, children agree with you.

**AQUARIUS** (Jan. 20-Feb. 18). Your boss is warming up to one of your concepts. Talk over a family situation with one who has professional credentials; expert advice is needed. Scorpios are excellent business and love partners.

**PISCES** (Feb. 19-March 20). Your modesty is commended. A personal situation is complicated because you don't want to hurt the feelings of others. Either step aside or accept the anxiety. A group gets more accomplished than you could have on your own.

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Extra Toppings Must be 21+  
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**DINING ROOM**  
Mon.-Combo meal, spaghetti, meat, rice w/sausage salad, dessert, glass of wine  
Tues.-Start the week 1/2 price dinner menu  
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Thurs.-Veal parm or chic., spin, w/sausage salad, side dessert \$9.95

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Sarah E. Stone, left, a second-year veterinary student at the University of Illinois College of Veterinary Medicine, accepts the Ciba Animal Health Award for Academic Excellence in Parasitology from Dr. Allan Paul, professor of parasitology at the college. She received her award at the college's annual awards ceremony on April 27.

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The first few years of a new tree's life are critical. It needs food and water to survive, and equally important, proper staking. Without it, trees are at the mercy of the winds, and they're too young and small to fend for themselves.

Proper staking of a newly-planted tree supports it from all sides, thus allowing it to remain upright until it's old enough to be on its own. And this can take a year or two.

There's more to staking than simply pounding a length of lumber into the ground and tying the tree to it. We'll give you some tips on the correct methods.

Tree staking kits are available at Frank's, and that's the easy way to go. If you wish to make your own, find something durable, since it will be in the ground for a year or two. Pieces of 1x2s, for example, are good. 1x2 lumber isn't actually one inch by two inches, but that's another matter. Saw one end into a point to make it easier to hammer into the ground. Make a small notch in the other end.

Place the first stake six or eight feet from the tree. This distance can vary, depending on the type of tree. Pound the stake into the ground, far enough so it won't work its way out. Fasten a wire to the stake at the notch and tie it securely.

Find an old piece of rubber tubing, old garden hose, or something similar. Pieces of flexible water pipe, available at hardware stores, will work fine. If you don't have anything

suitable, buy something before proceeding, for the sake of the tree! Run the wire to the tree, around the bark and back to the stake again. Where the wire loops around the tree, insert the piece of tubing, so the wire does not contact the tree's bark. This is extremely important. If the wire is allowed to scrape the bark, the tree can be destroyed before it ever has a chance. Make sure your wire isn't interfering with any of the tree's branches, or rubbing against any other part of the tree.

One stake and wire is not enough, since winds can come from any direction. Three stakes and wires offer good protection from all angles. Space them evenly around the tree. Don't make things too tight, though. Young trees need to sway slightly in the wind, so give 'em a little flexibility to do so. Allowing them to move a few inches is fine.

Before heading back into the house, check the tree from all angles to make sure it's straight. As a final touch, place some white tape or other prominent item on the wires to make them highly visible. Finding a hidden wire the hard way can injure you and/or the tree. Plus, your pride might suffer a bit if the neighbors are watching.

Check the wires periodically and adjust them as needed, allowing the tree plenty of room to grow. When the tree finally gains enough stability, the stakes can safely be removed.

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## Stone garners Health Award

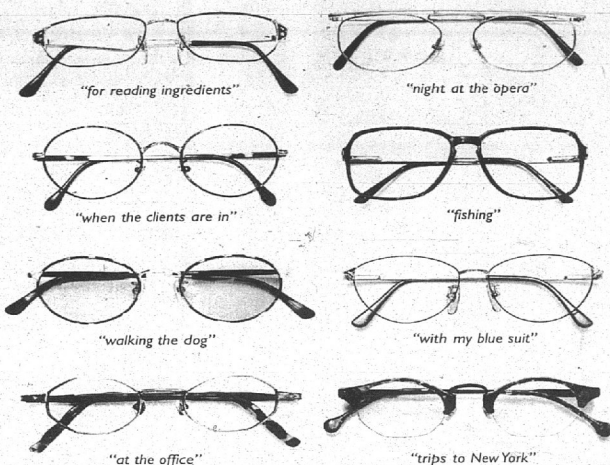
Sarah E. Stone, daughter of Mr. and Mrs. John D. Stone of Granite City and second-year veterinary student at the University of Illinois College of Veterinary Medicine at Urbana, was honored during the college's annual awards ceremony on April 27.

Stone won the Ciba Animal Health Award for Academic Excellence in Parasitology. This honor is awarded to a second-year veterinary student with the highest grade point average in parasitology. Sponsored by Ciba-Geigy Corporation Animal Health Division, the award consists of a \$200 check and a certificate. She is a 1991 graduate of Granite City High School. Following high school, she studied ani-

mal science courses at the University of Illinois at Urbana-Champaign for three years. In the fall of 1994, she was accepted to the University of Illinois College of Veterinary Medicine, one of only 27 veterinary schools in the nation.

Stone is a member of the student organization of the American Veterinary Medical Association, the American Feline Practitioners Association and the International Association of Aquatic Animal Medicine. She is a past recipient of the CVM Award for Academic Excellence.

She plans to graduate as a doctor of veterinary medicine in 1998.



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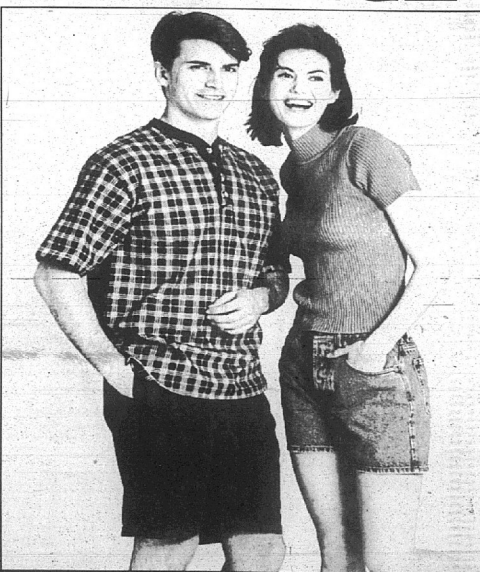
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## Bravo!

### Dailey

Lydia Louise Dailey of Troy graduated with honors on May 24 from Triad High School. She maintained a 3.8 grade point average on a 4.0 scale in honors classes.

Dailey was a member of the National Honor Society, National Honor Roll and Who's Who Among American High School Students throughout high school. She was elected vice president of her junior and senior classes and president of the German Club.



### Dailey

She participated in extracurricular activities, including Saturday Scholars, Model United Nations and the Mock Trial Program throughout high school. She was co-editor of the school newspaper, the Knight Writer. She earned letters in tennis and soccer, where she served as co-captain.

Dailey was named Illinois State Scholar and received a Letter of Commendation from Senator Frank Watson and President Bill Clinton for her academic achievements.

She was chosen for the Greater Belleville Youth Salute. She was active in Alpha, the American Red Cross and DARE.

Dailey was awarded a full-tuition scholarship to the Milwaukee School of Engineering. She declined the scholarship, choosing to attend the University of Illinois in Champaign.

She is the daughter of Darin and Deena Dailey of Troy and the granddaughter of the late alderman and Democratic precinct committeeman Roy "Chick" and Virginia (Ward) Poulos, who resided in Granite City.

### Ashcraft

Sandra Voss Ashcraft, a former resident of Granite City, graduated June 7 from Ohio State University with a bachelor of science degree in secondary science education.

Ashcraft graduated from Granite City High School in 1972 and Belleville Area College in 1975. She continued her studies in physical and biological sciences at Southern Illinois University at Edwardsville while working as a medical laboratory technician at St. Elizabeth Medical Center.

While attending Ohio State University, she was awarded the Scarlet and Gray Scholarship based on academic achievement. She qualified for the dean's list during several quarters.

### Leonard

Jeffrey Todd Leonard has been named to the spring 1996 dean's list at Evangel College in Springfield, Mo. He is the son of the Rev. Ben and Alice Leonard of Granite City.

A 1993 graduate of Granite City High School, he is a junior computer science major.

Full-time students who have earned a grade point average of 3.6 or higher on a 4.0 scale are eligible for the dean's list.



# Today's Food

Wednesday, July 31, 1996

## Food & Nutrition

### Wise Ways

Buying salad by-the-bag is an easy fix that requires a smart eye for nutrition.

INSIDE

### Heart-y Bites

The field of jicama is wide open to use when celebrating Mexican food's variety.

INSIDE

### Blue Ribbon Cook

A baked potato moves to the center of the plate when it has a creamy tuna topping.

INSIDE

### Test Run

Does a spoonful of vitamin C help the cool treats go down? Tasters look for new icy favorites.

INSIDE

### Micro Raves

Kids at an early age can — and should — learn to cook with a microwave oven.

INSIDE

### Lively Taste

Mary, Mary, quite contrary, how does your garden look? With fresh basil, parsley and green onion, here is a tasty dish to cook. In a large frying pan, saute 4 chicken breast halves, skinned and boned, with 2 tablespoons chopped fresh basil in 2 tablespoons butter or margarine 8 to 10 minutes. Add 1 cup sliced mushrooms; 3 green onions, sliced; 3 tablespoons chopped fresh parsley, and 8 ounces tomato sauce. Cook, covered, over low heat 10 to 15 minutes. Makes 4 servings.

## Health & Fitness

### Medicine Chest

Tick season continues until November. In the first four months of 1996, a total of 1,111 cases of Lyme's disease were reported, with more clustered in the mid-Atlantic states. Prevent ticks with a spray containing DEET, wear clothes over exposed areas of the body and beware of unused picnic sites with standing leaves and decomposing logs. Check for ticks regularly. Problems do not usually occur when ticks are removed within 24 hours.

### Fresh Picks

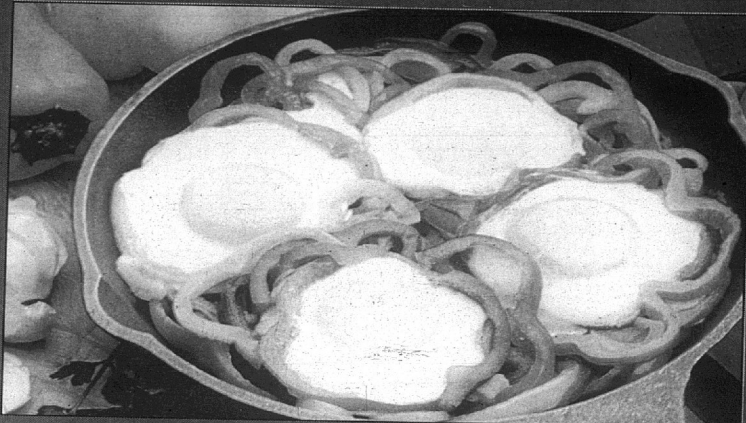
Tool up for tomato time with easy ideas. For instance, overlap slices of 6 medium tomatoes on serving dish. In small bowl, combine 1-1/2 tablespoons olive or other oil, 1 teaspoon wine vinegar, 1 teaspoon sugar, 1/2 teaspoon leaf oregano, 1/2 teaspoon salt and 1/2 teaspoon pepper. Stir thoroughly until blended. Sprinkle on tomatoes. Refrigerate, covered, until serving.

### Big Fat Tip

Let tuna go Italian for a change. Mix 1 can (14 ounces) artichoke hearts, drained and quartered; 1 package (10 ounces) salad greens; 1 can (6 ounces) tuna in water, drained and flaked; 8 ounces fresh green beans, cooked and drained, and 1 cup sliced plum tomato. Toss with 1 cup fat-free Italian salad dressing. Arrange on serving platter lined with leafy lettuce.

### Future Shop

The American pastime of snacking is getting a new twist as low-fat varieties of favorites gather a sizable portion of the market. Traditional potato chips, the long-standing snack of choice, remain the most popular. Low-fat varieties account for more than eight percent of total potato chip sales. Similarly, baked tortilla chip sales continue to rise and represent almost eight percent of tortilla chip sales.



## On the Trail

By Janice Denham  
Staff writer

The sound of the silent outdoors and the panorama of the Milky Way invite the summer celebration to come outdoors. It may be a week in a cabin or a night prelude in a tent before floating or tubing, but one specialty of the event is the food.

It always tastes better outdoors. Back in the old days when ice was never blue and lettuce came by the head instead of sealed in plastic, "roughing it" captured the spirit of the event. It remains with grit around a campsite and bruises delivered by a canoe, but supermarket ease moves just as easily in a cooler as it does to a home refrigerator.

One ingredient that stays the same for campers is a carton of eggs and a heavy skillet. Add vegetables and seasoning, and a ready-to-go meal just stood up and went with outdoorsmen — whether they eat at dawn, noon or under a setting sun.

Take advantage of the vitamins, minerals and fiber from vegetables by cooking them the easy way, with their skins on. Toting them whole also is easy, because

many come with a natural protective seal. If not used right away, pack them in a plastic bag.

Light cooking holds in their moisture and nutrition, too. A can of nonfat cooking spray is handy, but spray it on the pan away from flames.

The more often you pack a picnic or camping event, the easier it is. Pack lots and lots of ice. Put things to be used last on the bottom. Avoid the sun when setting out a cooler and open it as little as possible.

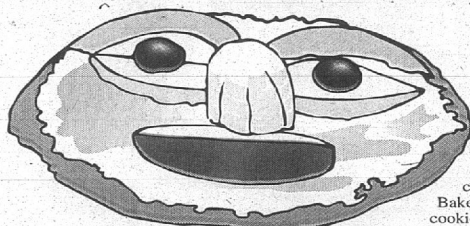
Avoid foods that spoil quickly if not refrigerated. The more a food is in contact with the air, the more chance there is of food contamination. Fresh fruit, kept chilled, makes a quick pick-me-up that instantly refreshes.

One helpful alternative is to tote foods frozen instead of just chilled. Refrigerate everything before it is packed. Burger patties and juices and water in plastic containers work well. Leave space in plastic bottles for expansion.

For fresher, non-crushed sandwiches, assemble separately packaged ingredients when eaten. Pack snacks that do not gum up on the hands when they are warm.

SEE TRAIL, INSIDE TODAY'S FOOD PAGE 2

## Kids' Cuisine



## FRUIT PIZZAS

Cut chilled dough from 20-ounce package refrigerated sugar cookie dough in eight 1-inch chunks. By hand, press each chunk into 4-1/2-inch circle. Place on ungreased cookie sheet 1 inch apart. Bake in preheated 350° oven 10 to 15 minutes. Let cookies cool on cookie sheet 1 minute, then remove to wire cooling rack to cool completely.

Mix 1 package (8 ounces) cream cheese (softened), 1 cup confectioner's sugar, 1 tablespoon milk and 1 teaspoon vanilla until fluffy. Chill.

In large bowl, combine 3 tablespoons fruit protector (found in baking or home canning section of supermarket) or lemon juice with 2 quarts water. Peel and slice 1 peach, 1 apple, 1 pear and 1 banana. Place slices in water mixture as they are cut. Let stand 5 minutes. Drain well.

Spread cream cheese on cooled cookies. Arrange fruit — adding peeled and sliced kiwifruit, halved red grapes, raspberries, blueberries and sliced strawberries as desired in happy face or random design. Chill until

ready to serve.  
Makes 9 party fruit pizzas.



# Today's Food

## Test Run

### Icy treats cool off summer; some come with vitamin C

It looked like recess when tasters went to work on this week's Test Run. Although the test of icy treats was done by adults, it brought out the kid in everyone.

The colorful, sweet, frozen sweets on a stick were chosen by the amount of vitamin C they offered. "The person who chose them said, 'I found it interesting that, just because they were made with juice, they did not necessarily have vitamin C. While it would be better to eat an orange for a snack, lots of people keep a package of these things in their freezer, so it seems like a good idea to see whether the added cost of adding some vitamin to the sugar water is worth the investment.'"

Prices were hard to gauge because of sales which fluctuate every week, but two of the adult favorites—Dole fruit 'n juice and Edy's fruit bars, both tested in strawberry—were at regular price cost 60 to 65 cents each.

Both were made with real strawberries. Edy's has 90 calories, Dole 70 calories per pop. All from sugars. Preference lined up directly along lines of who likes sweets sweeter.

"The Dole strawberry was wonderful not too sweet, very refreshing, with lots of big chunks of red strawberries," said a taster.

Another countered, "I preferred the Edy's because I tend to like sugar a lot. Somehow the Edy's also tasted a bit creamier, although neither of them contained any cream."

The Edy's brand has enough fruit in it to be able

to claim 1 gram fiber per bar. Both claim to offer 25 percent of a day's minimum requirement of vitamin C.

In another style was Flintstones Original Push-Up. Made with sherbet, the six-pop package, which cost \$2.59 that week, has 50 percent daily value of vitamin C, as well as 2 grams fat, per treat.

"The push-up brought me back to my youth, I loved those as a kid," a taster said.

The older the taster, the more comments about the push-up's melting point. They were tested indoors.

"It was messy at the end," a taster said. Another added, "It was fun to eat, but they melt too quickly to eat outside on a hot day, and the taste was a bit too artificial to me."

It got high marks from another of the same age.

"This was just how I remember it as a child. Maybe my tastes have grown up a little, or my sweet tooth died down some, but it tasted a lot sweeter than the others that I tried. It was still nice and creamy though," she said.

Trix pops, also in the 25 percent vitamin C range, come in sugar-free and regular. The sugar-free, at 15 calories per pop, were the test item. Each pop has raspberry, orange and lemon flavors.

It got high marks from a person who notices the NutraSweet flavor readily.

"I only tasted the orange and lemon on the pop—it had one other flavor, too. The lemon was very light and refreshing, tastes much more like a Popsicle. I don't like NutraSweet and

can usually taste it in foods, but this tasted really sweet, not artificial, although I could taste it more in the orange," she said.

**Popsicle** Fantastic Fruity! pops had five different colors inside-out and top to bottom—on each stick.

"I'd call these colors 'saturated,'" said a taster of the bold hues. Each pop is in the 50 percent range of vitamin C. A package of 10 cost \$2.50 that week.

"These taste a lot like their traditional pops," said a taster. As the icy treat is eaten, its stick reveals a joke.

Kemps juice coolers came in with 15 percent vitamin C and 40 calories each. A package of 24 three-flavor bars—raspberry, orange and lime—cost about \$3.

They were called "refreshing," but did not merit as much attention as other brands and flavors.

Overall, the testers thought they made a great summer treat, although the cost of the more expensive ones categorized them more as an adult splurge, rather than a handy item for their children.

One pointed out, "I could buy orange juice for less and get more vitamin C."

Another said, "If I were a mom whose kids are big on pops and wouldn't eat fruit, I'd probably rotate them into the routine according to their price. A lot of my kids' favorite juices are big on apple and grape and have no vitamin C and I buy those for them, so this would make a nice alternative with a benefit."

## Micro Raves

KATHY HANEWINKEL

### Children tired of summer? Cook up responsibility

By the time August comes, "pick up your room" or any sentence with the word "chores" motivates n either child or parent.

There are better answers to helping children be creative and feel good about themselves. Teach them to cook. Let them do laundry. Let them plan meals. Pay them and praise their work. It takes a load off parents and helps them contribute to the family.

But they're so young, you say.

I don't think they are too young. A preschooler who inserts and starts a video in a VCR can operate a table and help with cooking. A child who programs a VCR and sorts colors can do laundry.

A child who operates a phone can program a microwave oven and cook with supervision. A child who reads can make more complicated recipes and operate the conventional range and oven, too. Best of all, if a child operates a Nintendo or Sega, he probably can operate a food processor, blender and mixer.

All these operations may need supervision for safety sake. However, once safety and sanitation are taught and practiced, you may discover a junior chef in the making.

Many kids consider it "neat" to cook, especially with the "cool" microwave oven. When I taught my kids to cook, the biggest problem was cleanup—

more precisely the lack of it. Even that became a non-issue when we agreed that if they cooked, I'd help with cleanup, and when I cooked, they'd help with cleanup.

Many recipes are easy enough for kids and can be adapted to their ability level. There are also lots of recipes, even cookbooks, written just for kids that are appropriate to their ability and appeal to their tastes. These new recipes may become family favorites.

When children help with meal planning, the family's tastes may need to adjust a little to suit the new chef's style. On the other hand, it is fun to teach the young cook favorite family recipes.

Home economist Kathy Hanewinkel specializes in microwave cooking.

## PIZZA BURGERS

- 1 lb. ground beef
- 1 tsp. dried minced onion
- Pinch pepper
- 1 cup (1 small jar or can) pizza sauce
- 1 cup (4 oz.) shredded mozzarella cheese
- 8 to 10 hamburger buns, sliced

Crumble ground beef into dish. Sprinkle with onion. Cover with waxed paper or lid. Microwave on high power, stirring once, to 5 minutes until no longer

pink. Drain. Stir in salt, pepper and pizza sauce. Cook, covered, on high power 5 minutes until hot and bubbly. Stir in half the cheese.

Arrange bottom half of buns on plate covered with paper towel. Spoon, or spread half the mixture on buns. Sprinkle remaining half of cheese on top. Top with upper half of buns.

Microwave about 1½ minutes on high power until cheese just starts to melt.

Yields 8 to 10 sandwiches.

## FRUITSICLES

- 1 envelope unflavored gelatin
- ½ cup water
- ½ cup honey
- 4 cups apple or orange juice
- ½ cup mashed strawberries

In 2-quart bowl, combine gelatin, water and honey, stirring well. Microwave on high power 1½ minutes until mixture is boiling. Stir in juice and fruit.

Place about ten (5-ounce) paper cups in 8-by-12-inch pan. Ladle mixture into cups, filling almost full. Cover with aluminum foil. Insert wooden stick or plastic spoon through foil into center of each cup. Freeze until firm.

To serve, run warm water over outside of cup or peel away paper.

Yields 10 servings.

## Heart-y Bites

By BECKY BLAIR

### Crunch of jicama heard from Mexico into U.S.

Summer's heat and humidity encourage me to search out recipes that are quick, easy and prepared without heating up my kitchen.

My search leads me south to Mexico, where food is as varied in its own way as it is north of the border. It is more than just beans, tacos and spicy hot chilies. The blending of two cultures, the Spanish invaders and the Aztec inhabitants, accounts for this diversity.

Several years ago my Aunt Pat in southern California introduced me to jicama. The people of Jalisco, a central-western state in Mexico, eat refreshing jicama often, as a minced salsa ingredient, sliced in green salad or in spears with a squeeze of lime juice and sprinkle of chili powder as a snack.

Jicama, a root vegetable, is shaped like a turnip, but ranges from that size to

jumbo in comparison. It is readily available in supermarkets.

A tough, lumpy brown skin provides its outer covering, but do not let its rugged exterior keep anyone from peeling it and enjoying its interior treasure. Its white interior has a sweet taste and crunchy texture similar to a water chestnut. When jicama becomes old, its sweet taste disappears.

Jicama is a starchy vegetable; similar in appearance, texture and caloric composition to a potato. A ¾-cup serving contains about 80 calories, 15 grams carbohydrate, 3 grams protein and no fat or cholesterol.

To avoid high calories and fat, use jicama sticks instead of corn or tortilla chips as dippers with salsa.

Registered dietitian Becky Blair is a member of the nutrition committee of

American Heart Association, St. Louis Chapter.

## SOUTHWESTERN ORANGE AND JICAMA SALAD

- 2 medium navel oranges (1 lb.)
- 1 cup short, thin jicama strips (4 oz.)
- 2 tbsp. hot salsa or picante sauce
- 1 tbsp. sunflower or corn oil
- 1 tbsp. cider vinegar
- 2 tbsp. chopped fresh cilantro, if desired

Peel oranges, separate into sections and slice in half crosswise. In medium bowl, combine with jicama.

Cut in wedges. Serve together with salsa. Note: If cooking at home, use skillet with ovenproof handle. Instead of letting covered mixture sit in pan to finish cooking, broil about 6 inches from heat to 2 minutes until egg is completely set in center.

## Blue Ribbon Cook

### Baked tuna puffs up baked potato

Sharon Cicheler, St. Louis, is winner of this week's recipe contest for Po-Tuna. The prize is dinner certificates at the Pasta House Co.

She calls this a relative of tuna casserole. Because it is baked in a potato, it serves double-duty as a main dish.

Recipes in the Very Berry Recipe Contest should be postmarked today for consideration as winners each Wednesday in August. Send in a recipe using fresh berries that not only tastes like, but also "sounds" like summer. It can be for any type of dish—salad or dessert, soup or side.

The next contest begins right away, so a recipe in either or both can be sent at the same time.

In September prizes will be given for the Quick Dessert Recipe Contest. The fewer number of ingredients, the better in this contest. Shortcuts, like

using cake or muffin mix are welcome.

Send one recipe per household per contest to: Very Berry or Quick Dessert Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

Type or print the recipe legibly on one side of the paper. Include name, address and telephone number on the entry. Name the Journal you receive.

Be sure to double-check the recipe as it is written for both amounts and directions, including any variations that make this dish special.

Winners are notified by mail. Duplicate entries will be considered on the basis of earlier entry or best compliance with the rules. Contest winners may enter again six months after their prize-winning publication date.

## PO-TUNA

- 4 baking potatoes, baked
- 1 cup mayonnaise
- ½ cup (2 oz.) grated cheddar cheese
- ¼ cup chopped green bell pepper
- ¼ cup chopped pimiento
- ¼ cup chopped scallion
- 2 cans (7 oz. each) tuna, drained

**Topping**  
Preheat oven to 400°. Slice off tops of potatoes. Scoop out flesh, leaving shell intact.

Lightly toss potato with mayonnaise, cheese, green pepper, pimiento, scallion and tuna.

Spoon mixture back into shells. Bake in preheated oven 10 minutes.

Spoon Topping over hot stuffed potatoes. Heat in oven 10 minutes longer until top is browned.

ed parmesan cheese. Spread on paper towels to cool.

## PEPPER 'N' EGG SKILLET SUPPER

- 1 tsp. oil
- 7 cups thinly sliced red, green and/or yellow bell pepper in rings or strips (5 or 6 medium)
- 1½ cups thinly sliced onion (1 large)
- 2 tsp. minced garlic or ½ tsp. garlic powder
- 2 tbsp. vinegar (balsamic preferred)
- 4 eggs

In 10-inch nonstick skillet over medium heat, cook pepper, onion and garlic in hot oil, without stirring, 3 to 4 minutes. Volume in pan reduces as vegetables cook.

Continue cooking, stirring occasionally, 6 to 8 minutes until vegetables are tender, crisp or 10 to 12 minutes until vegetables are soft and liquid has evaporated. Stir in vinegar and cook until it evaporates.

With back of spoon, make 4 indentations in vegetables. Break and slip an egg into each indentation; for

flower-shaped eggs, break and slip each egg into individual pepper ring. Over medium heat, cook, covered, several minutes until whites are completely set and yolks are thoroughly cooked.

Makes 4 servings; 149 calories, 6.5 g fat, 213 mg cholesterol, 68 mg sodium and 439 mg potassium each.

## SLAW FRITTATA

- 1 cup sliced carrot (1 large)
- ¼ cup vinegar
- ¼ tsp. caraway seeds
- 4 cups shredded cabbage
- coleslaw mix or shredded cabbage (about 12 oz.)
- 4 eggs
- ½ cup sweet-and-sour sauce
- ¼ cup skim or low-fat milk

In 10-inch nonstick skillet, stir together carrot, vinegar and caraway seeds. Over medium heat, cook, covered, about 5 minutes until carrot is tender-crisp. Uncover. Stir in cabbage. Cook, stirring occasionally, 7 to 10 minutes until cabbage is tender-crisp and liquid has evaporated.

In medium bowl, beat together eggs, sweet-and-sour sauce and milk until blended. Pour over cabbage mixture. Cook, stirring occasionally, 8 to 10 minutes until egg mixture is almost set. Let stand, covered, without heat or over very low heat 5 to 8 minutes until egg is completely set in center.

Cut in wedges. Serve from pan or slide onto platter.

Note: If cooking at home, use skillet with ovenproof handle. Instead of letting covered mixture sit in pan to finish cooking, broil about 6 inches from heat to 2 minutes until egg is completely set in center.

## Pack

Continued from page 1C. Pack Really Ranchy Snack mix in a large airtight canister.

To make it, melt 6 tablespoons margarine or butter with 1 package ranch salad dressing mix in a large microwave-safe bowl. Gradually add 4 cups square corn cereal, 2 cups goldfish-shaped cheese crackers and 1 cup pretzel sticks, stirring until all pieces are coated evenly.

Microwave on high power 4 to 4½ minutes, stirring thoroughly from the bottom of bowl with rubber spatula every minute.

Gently stir in ¼ cup grat-



## Wise Ways

By MARY SCHROEPPER

# Toss low-fat ingenuity into refreshing salads

Complete single-serving salads are a hit. A quick tour of the salads of most supermarkets reveals a bigger-than-ever selection of complete salad kits.

It is important to check nutrition labels carefully. Fat in ready-to-toss salads varies from zero in fat-free salads to 35 grams of fat, which is 50 percent of the

total calories, in parmesan Italian or bacon spinach versions. If the average person should eat 65 grams of fat or less per day, that allows about 20 grams of fat per meal.

Salads containing regular salad dressing, olives, avocado, salami, large portions of meat, cheddar cheese, corn chips, bacon or fatty

crackers easily balloons the fat to the point of exceeding the allowance for an entire day. In spite of some good ingredients like spinach and carrot, these salads contain more fat and calories than a fast food meal of burger, fries and shake.

To build a low-fat salad, start with low-fat ingredients like lettuce, cooked

pasta and cracked wheat with plenty of fruits and vegetables. Pour on a low-fat salad dressing. Keep any crunchy topping low in fat, too.

To take advantage of late summer produce at full flavor, this cooling pasta salad contains grapes, broccoli, green onion and bell pepper. Nectarines, vine-

ripened tomato or melon can be substituted for the grapes. Crunchy vegetables like sliced radish, cauliflower or jicama can replace the broccoli. Whole wheat pasta provides a nutty taste and boosts fiber.

Home economist Mary Schroepfer is nutrition specialist with University Extension (University of

Missouri system) in Franklin County.

## SPICY GRAPE PASTA SALAD

- 8 oz. uncooked whole wheat pasta
- 2 cups cooked chicken, cut in slivers (leftover grilled or roast chicken works well)
- 1 1/2 cups seedless grapes, cut in half
- 1 cup broccoli florets
- 1 cup very thinly sliced red or green bell pepper
- 1/2 cup thinly sliced celery
- 1/4 cup green onion, cut in 1 inch pieces
- 2 tbsp. chopped fresh basil or cilantro
- Spicy Oriental Dressing

Cook pasta according to directions. Toss with 1/4 cup Spicy Oriental Dressing. Cool to room temperature.

Add chicken, grapes, broccoli, bell pepper, celery, onion and basil. Toss.

Serve immediately or store in refrigerator.

Spicy Oriental Dressing: Combine 1/4 cup vinegar, 2 tablespoons oil, 2 tablespoons reduced-sodium soy sauce, 1/2 teaspoon ginger, 1/4 teaspoon crushed red chili and 1/4 teaspoon garlic powder. Let stand at least 30 minutes.

Makes 6 servings; 299 calories, 9 g fat, 253 mg sodium and 3 g dietary fiber each.

## Recipe

### SPICED PEACH SHORTCAKE

- 2 cups flour
- 1/2 cup firmly packed light brown sugar
- 1 tsp. baking powder
- 2 tsp. pumpkin pie spice or 1 tsp. cinnamon
- 1/2 tsp. salt
- 1/2 cup (1 stick) butter
- 3/4 cup buttermilk
- 2 eggs, beaten
- 4 cups thinly sliced fresh peaches
- 1/4 cup granulated sugar
- 2 cups whipped cream or topping

Preheat oven to 375°. Butter 9-inch round cake pan.

In medium bowl, combine flour, brown sugar, baking powder, pumpkin pie spice and salt. Cut in butter until mixture resembles coarse crumbs.

Add buttermilk and eggs, stirring until dry ingredients are just moistened. Do not overmix.

Spread batter in prepared pan. Bake in preheated oven 25 to 30 minutes until wooden pick inserted in center comes out clean.

Cool 10 minutes. Remove from pan. Transfer to wire rack.

In large bowl, combine peaches and 1/4 cup sugar. Refrigerate, covered, 30 minutes or until serving time.

Split shortcake in half horizontally. Place bottom layer cut-side up on serving plate. Top with half the whipped cream and half the peaches. Repeat layers, ending with fruit. Serve immediately.

Yields 8 servings.

## PASTA SALAD

In large serving bowl, combine 2 cups hot cooked pasta (rotelle, shells or penne); 1 can (14.5 ounces) diced tomatoes with juice or 2 cups diced fresh tomato; 3/4 cup Italian salad dressing, and 3 tablespoons chopped green onion. Cover tightly. Refrigerate several hours or overnight. Makes 3 main-dish or 6 side-dish servings.

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<b>10 Pound Bag C &amp; H Sugar</b> <b>\$3.89</b>	<b>18 oz. Post Golden Crisp</b> <b>2/\$4.00</b>	<b>40 oz. Bottle Heinz Squeeze Ketchup</b> <b>\$1.99</b>	<b>2 Pound Jar Kraft Grape Jelly</b> <b>2/\$1.89</b>
<b>12 oz. Bag Good Food Bags</b> <b>2/\$2.69</b>	<b>12 oz. Bag Pancake Mix</b> <b>79¢</b>	<b>12 oz. Bottle Crystal Hot Sauce</b> <b>3/89¢</b>	<b>12 oz. Bottle Shasta Soda</b> <b>24/\$3.99</b>
<b>12 oz. Bag Cottonelle Tissue</b> <b>99¢</b>	<b>12 oz. Bottle Mrs. Butterworth Syrup</b> <b>\$2.29</b>	<b>12 oz. Bottle Kool-Aid Freeze Pops</b> <b>\$2.49</b>	<b>12 oz. Bottle Kool-Aid Drink Mix</b> <b>2/\$1.29</b>
<b>12 oz. Bag Lux Beauty Soap</b> <b>2/\$1.79</b>	<b>12 oz. Bottle Enriched Spaghetti</b> <b>2/99¢</b>	<b>12 oz. Bottle Kraft Deluxe Dinner</b> <b>2/\$3.00</b>	<b>12 oz. Can Star-Kist Tuna</b> <b>2/\$1.19</b>
<b>12 oz. Bag Pine-Sol Disinfectant</b> <b>2/\$3.00</b>	<b>12 oz. Bottle Spaghetti Sauce</b> <b>99¢</b>	<b>12 oz. Can Sam Yang Oriental Noodles</b> <b>24/\$2.69</b>	
<b>12 oz. Bag Hettie Foam Plates</b> <b>\$1.99</b>	<b>12 oz. Bottle Heifetz Pickles</b> <b>2/\$2.99</b>		
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<b>12 oz. Bottle Green Giant Corn on the Cob</b> <b>\$1.29</b>	<b>12 oz. Bottle Better Value Dinner Mix</b> <b>2/\$1.00</b>		

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EXPIRES 8/6/96 (COUPONS NOT AVAILABLE IN STORE)



# Today's Food

## Tropical fruits sweeten life with island fever

The very mention of juicy mango and pineapple brings thoughts of faraway islands, splashing waves and colorful relaxation. Their fragrance, lush texture and refreshing flavor brings along the warmth of exotic places and sunny skies.

Unique in their versatility, they are equally at home in salsa, salad, main dish, dessert and drink. Each has a distinctive flavor and is widely available across the country in local supermarkets.

**Mango:** Generally round or oblong and plump, a mango ripens from green to yellow to a beautiful crimson tone. Inside, its flesh is bright orange. When fully ripe, the flavor combines elements of pear, pineapple, apricot and banana.

The seed of a mango is large and flat and runs almost the length of the fruit. The larger the fruit, the more flesh it holds. Look for unblemished, smooth skin, on the yellow side with a hint of red.

Fully ripe fruit gives easily to gentle pressure; partially ripe fruit ripens easily at room temperature. To ripen a mango more quickly,

place it in a loosely closed paper bag with an apple. Ripe fruit can be refrigerated a few days.

The thick mango peel is best removed with a sharp knife, held over a bowl to catch the juice. There is a fibrous edge to the entire seed. To remove fruit from it, cut vertically, top to bottom and down to the seed, then cut away sections from the seed.

Although delicious by itself, its flavor is enhanced by a little lime juice. It also meshes well with well-known fruit, like peaches and strawberries, in fruit salad, which promotes familiarity with it.

**Pineapple:** Unlike most fruit, it is picked fully ripe, so does not ripen further. Thus, regardless of color, pineapple should be not be left out of a refrigerator to ripen further.

Instead, cut and enjoy it right away, or wrap below the crown in plastic and refrigerate it whole. It also

can be removed from the shell and kept in an airtight container.

Select a plump fruit with a fruity, ripe, non-fermenting aroma at the stem end. Avoid one with soft spots.

To cut, hold the base of the crown in one hand and the body of the pineapple in the other. Given a sharp twist, the crown comes right off. Cut the fruit in half lengthwise, then in quarters. Remove the core and slice the fruit from its shell.

Pineapple can be grilled as is. Just slice the quartered fruit and set alongside whatever is cooking. Allow a few minutes on each side until it is just heated through. If desired, brush with a bit of honey, or pineapple juice and honey, during the last minute of heating.

For an unusual side dish, try this salsa made with both fruits. Serve it with seafood or poultry from the grill.

### PINEAPPLE-MANGO SALSA

- 1½ cups chopped fresh pineapple
- 1 mango, peeled, chopped
- ½ cup chopped red cabbage
- ½ cup finely chopped red onion
- ¼ cup chopped fresh cilantro
- 2 tbsp. lime juice
- 1 or 2 jalapeños, seeded, minced

Stir together pineapple, mango, cabbage, onion, cilantro, lime juice and jalapeño. Chill, covered, at least 30 minutes to blend flavors.

Makes 3½ cups; 35 calories, no fat or cholesterol, 2 mg sodium, 9 g carbohydrate per ½-cup serving.

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BAC Police Academy Class of 1971  
Mayor, Granite City

Mr. Selph has been mayor of Granite City since 1993. He served 20 years with the Granite City Police Department, retiring as assistant chief in 1991. Since 1982, Mr. Selph has been a part-time instructor in BAC's Administration of Justice program. He is the recipient of the college's 1996 Distinguished Alumnus Award.

**Fall classes at GCC begin Aug. 17. Register Now!**

Call the Granite City Campus at (618) 931-0600 or visit the campus at 4950 Maryville Road.

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## VEGETABLE BEAN SALAD

1/2 cup julienne-cut carrot  
1 can (16 oz.) kidney beans, drained  
1 can (16 oz.) small white beans, drained  
3 tbsp. chopped green pepper  
3 tbsp. chopped celery  
1/4 cup oil  
3 tbsp. white wine vinegar  
1 tsp. sugar  
1/4 tsp. salt  
1/8 tsp. oregano or basil  
Pinch pepper  
Lettuce wedges

Cook carrot in boiling water about 3 minutes until tender-crisp. Drain. Combine with kidney and white beans, green pepper and celery. Combine oil, vinegar, sugar, salt, oregano and pepper. Pour over bean mixture. Toss to combine. Refrigerate, covered, at least 4 hours or overnight. Drain, reserving dressing. Serve with lettuce wedges and reserved dressing. Makes 6 servings.

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#### For an appointment

Call Memorial's Marsh Cardiovascular Unit at (618) 257-5038. The Wound Care and Limb Preservation Clinic is held on Tuesdays from 8 a.m. to noon in Memorial's Physical Therapy Department.



**MEMORIAL HOSPITAL**  
4500 Memorial Drive  
Belleville, Illinois 62226

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At Memorial Maternity Center, we believe that having a baby is one of the most joyous and exciting events in life. We want to make this event a positive one for you and your family. Our childbirth education programs are designed to help you prepare for a birth experience that will get you off on the right foot.

#### Early Pregnancy Class

This class addresses the questions that all expectant couples have concerning the early months of pregnancy. You will learn about baby's growth and development, physical and emotional changes during pregnancy, nutrition for a healthy pregnancy, the breast- or bottle-feeding decision and preparing for childbirth. Classes meet from 7 to 9 p.m. on the first Monday of every other month beginning in January. Call 257-5649 to register.

#### Prepared Childbirth Classes

This series of four classes provides information about the labor and delivery experience as well as the birthing options available at Memorial Maternity Center. Participants are encouraged to register before the fifth month of pregnancy and

attendance is limited to those delivering at Memorial. There is a \$25 per couple fee. Call 257-5855 for class dates and times.

#### Childbirth Refresher Class

The Childbirth Refresher Class is designed to give experienced parents updated information about the latest trends in labor, delivery and newborn care. Limited to those who will deliver at Memorial, this class is held from 7 to 9 p.m. on the first Monday of the month. \$5 per couple fee. For more information, call 257-5855.

#### Prenatal Breastfeeding Class

This class is designed to provide information to those who are considering breastfeeding their baby. The class meets from 7 to 9 p.m. on the second Wednesday of every month. For more information, call 257-5855.

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#### Breastfeeding Help for New Mothers

This service addresses concerns you may have about breastfeeding after you're discharged from the hospital. Information and support will be provided for those crucial early days and weeks of nursing a newborn. There is no fee for this service, and babies are welcome. Call 257-5855 to contact the nurse educator or to schedule a help session.

#### Cesarean Birth Class

This class will prepare you for the cesarean birth experience. A video presentation and discussion will help you prepare for your planned cesarean section. Held on the fourth Tuesday of every other month from 7 to 9 p.m., there is a \$5 per couple fee. For more information, call 257-5855.

#### Baby Care and Parenting Classes

This two-session program teaches you how to care for, play with and protect your infant from birth to age 12 months. Topics presented include: newborn care, infant feeding, baby bathing, when to call the doctor, home and toy safety, returning to work, finding a good babysitter and

traveling with baby. Held from 7 to 9 p.m. on the third and fourth Wednesday of every month, this class has a \$5 per couple fee. Call 257-5855 to register.

#### Sibling Class

Memorial Maternity Center offers a Sibling Class to make it easier for big brother and sisters to prepare for and accept a new baby. This class is designed for children ages 3 through 12 and meets from 7 to 8:30 p.m. on the first Monday of each month. Limited to children whose sibling will be born at Memorial Maternity Center. \$2 per child fee. Class size is limited and reservations are requested. Call 257-5855.

#### Grandparents Class

This class acquaints grandparents with recent changes in childbirth and infant care practices. It discusses what it means to be a grandparent in today's world - how grandparents can positively support and influence their children and grandchildren. The class meets from 7 to 9 p.m. on the first Monday of every other month beginning in February. Class size is limited and reservations are requested. To register, call 257-5855.



# Today's Food

## Beef burritos become fast family favorite

Want a fast and fabulous Tex-Mex-style burrito that is better — and faster — than the local carry-out restaurant? Make it at home in 20 minutes.

That's right. Beef and Cheese Burritos can be cooked and served in well under 30 minutes. Team browned ground beef with convenient, prepared salsa and cubes of process cheese spread, then heat through.

Spoon this zesty, cheesy beef mixture into warm flour tortillas and serve with chopped lettuce, tomato and ripe olives.

Spanish rice from a mix and fresh fruit make easy accompaniments. Sherbet provides a cool-

ing counterpoint to end the meal.

Ground beef usually is priced more economically in larger family packages. Often lower-fat varieties, like ground round, offer the greatest bargain.

It can be repackaged in minutes in smaller quantities and frozen to use later as topping on pizza, filling for tacos or crumbled to simmer as pasta sauce.

All ground beef — patties, loaves, crumbles — should be cooked to medium doneness until no pink remains.

- 1 cup thick and chunky salsa
- 4 oz. process cheese spread, cut in cubes
- 8 flour tortillas (about 8 inches each), warmed
- Thinly sliced lettuce
- Chopped tomato
- Sliced ripe olives

In large skillet over medium-high heat, brown ground beef 6 to 8 minutes until no longer pink. Pour off drippings.

Stir in salsa and cheese.

Heat until cheese just melts.

To serve, divide mixture between tortillas, spooning it in center of each.

Fold bottom edge up over filling. Fold sides to center, overlapping edges.

Serve with lettuce, tomato and olives.

Makes 4 servings.

Note: For more filling, use 1½ pounds ground beef, 1¼ cups salsa and 8 ounces cheese spread.

### BEEF AND CHEESE BURRITOS

- 1 lb. lean ground beef

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Madison County Community Development 692-8940

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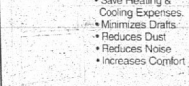
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## Today's Food

Don't be flavor-shy when beef is on today's menu

Gone are the days of the lukewarm burger and mediocre beef steak. When people eat beef, they want flavor in, on and nipping at its sides.

Grilling gives automatic flavor impact. This special-occasion ribeye creates a fiesta. A lime juice marinade gives the meat tangy flavor splash while coals are ignited and left to turn ashen. After minimal cooking, the steaks are served with salsa and tortillas warmed alongside them on the grill.

### FIESTA RIBEYE STEAKS

- 4 well-trimmed beef rib eye steaks, cut 1 inch thick (about 2 lb.)
- 2 tbsp. fresh lime juice
- 4 flour tortillas (6 inch)
- 1/2 cup (2 oz.) shredded

co-jack cheese  
1 cup chunky salsa

In utility dish, sprinkle both sides of steaks with lime juice. Refrigerate, covered, while preparing coals.

Wrap tortillas securely in heavy-duty aluminum foil. Grill steaks on grid over medium ash-covered coals 12 to 14 minutes for medium-rare to medium doneness, turning occasionally.

Place tortilla packet on outer edge of grid 5 minutes before end of cooking time. Turn over once.

About 1 minute before meat is done, top each with equal amount of cheese. Serve steaks with salsa and warm tortillas. Makes 4 servings.

### BEEF AND PARMESAN PASTA

- 1 lb. lean ground beef
- 1 can (14 1/2 oz.) beef broth
- 1 can (16 oz.) Italian-style diced tomato
- 2 cups uncooked bow tie pasta
- 2 cups thinly sliced zucchini
- 3/4 cup grated parmesan cheese

In large skillet over medium-high heat, cook ground beef 6 to 8 minutes until beef is no longer pink, breaking in 3/4-inch pieces. Remove beef with slotted spoon. Pour off drippings.

In same skillet, add broth, tomato with juice and pasta, pushing pasta into liquid. Bring to boil. Reduce heat to medium. Cook 15 minutes, stirring frequently.

Add zucchini. Cook 5 minutes longer or until pasta is tender. Return beef to skillet. Stir in 1/2 cup cheese.

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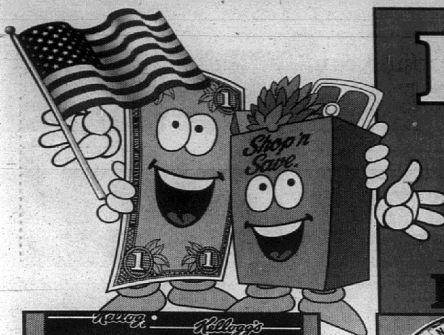
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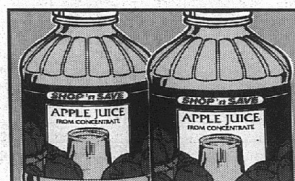
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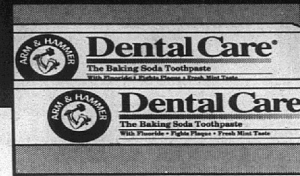
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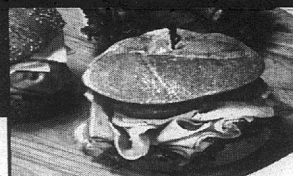
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SELECTED VARIETIES  
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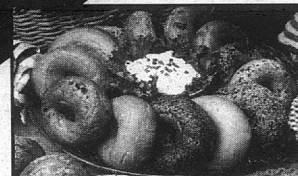
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RECIPE SECRETS Lipton Onion Soup Mix.....2 oz.	<b>.79</b>	1.29	1.29	1.29
BEEF Franco-American Gravy.....10.25 oz.	<b>.50</b>	1.09	.99	.99
BUSH'S BEST Baked Beans .....28 oz.	<b>.99</b>	1.29	1.29	1.29
CREAMETTE Long Spaghetti.....16 oz.	<b>.67</b>	1.19	1.19	1.19
SUNSWET Prune Juice .....32 oz.	<b>.99</b>	1.79	1.79	1.79
Capri Sun Drinks .....10 pack	<b>2.00</b>	2.69	2.49	2.69
MUSSELMAN'S Applesauce.....24 oz.	<b>.99</b>	1.39	1.39	1.39
GREEN GIANT Asparagus .....15 oz.	<b>1.69</b>	2.29	2.19	2.29
Hills Bros. Coffee .....39 oz.	<b>7.69</b>	8.99	8.99	8.99
A-1 Steak Sauce .....10 oz.	<b>3.19</b>	4.19	3.99	3.99
SQUEEZE Heinz Ketchup.....64 oz.	<b>2.99</b>	4.29	4.09	4.29
PETER PAN Peanut Butter.....40 oz.	<b>3.99</b>	4.99	4.84	4.99
KELLOGG'S Apple Jacks Cereal .....15 oz.	<b>2.99</b>	3.59	3.59	3.59
Jiffy Baking Mix.....40 oz.	<b>.99</b>	1.49	1.39	1.59
Dream Whip Topping Mix...5.2 oz.	<b>1.99</b>	2.79	2.79	2.79
42-USE Wisk Ultra .....98 oz.	<b>4.99</b>	6.99	7.99	6.35
Comet Cleanser .....14 oz.	<b>.34</b>	.69	.59	.69
RAID Yard Guard Spray.....16 oz.	<b>4.99</b>	6.39	6.39	6.39
OFF Citronella Candle.....8 oz.	<b>5.00</b>	6.49	6.39	6.49
HANDLE TIE, KITCHEN Glad Tall Trash Bags .....20 ct.	<b>2.49</b>	3.39	3.29	3.29

MEAT & PRODUCE	Shop 'n Save	Schnucks	Dierbergs	National
TYSON Chicken Chunks .....10.5 oz.	<b>2.99</b>	3.39	3.39	3.39
ALL MEAT Hygrade Franks .....1 lb.	<b>1.19</b>	1.49	1.29	1.59
Farmland Bacon .....1 lb.	<b>2.49</b>	2.89	2.89	3.19
Bean Sprouts .....per pound	<b>.68</b>	.89	.89	.89
Green Cabbage.....per pound	<b>.38</b>	.50	.50	.50
Snow Peas.....per pound	<b>2.98</b>	3.99	3.99	3.99
Radishes .....1 lb. bag	<b>.98</b>	1.49	1.49	1.49
Split Chicken Breast.....per pound	<b>1.99</b>	2.29	2.39	2.39
Salted Peanuts .....20 oz. bag	<b>1.98</b>	2.49	2.29	2.49
Cherry Tomatoes.....pint	<b>1.48</b>	1.99	1.99	1.99

DAIRY AND FROZEN FOOD	Shop 'n Save	Schnucks	Dierbergs	National
CHEESE WHIZ, LIGHT Cheese Spread.....16 oz.	<b>2.99</b>	3.59	3.49	3.59
TROPICANA PURE PREMIUM Orange Juice .....96 oz.	<b>3.89</b>	4.99	4.69	4.99
PILLSBURY Cinnamon Rolls.....11.5 oz.	<b>1.29</b>	1.89	1.85	1.89
QUARTERS I Can't Believe It's Not Butter...1 lb.	<b>1.19</b>	1.49	1.45	1.49
MINUTE MAID Frozen Lemonade .....12 oz.	<b>.89</b>	1.39	1.29	1.39
GREEN GIANT Corn On The Cob .....6 ear	<b>.99</b>	1.79	1.79	1.35
Patio Burritos .....5 oz.	<b>.34</b>	.59	.55	.59
REGULAR Pet Ritz Pie Shells .....2.9 inch	<b>.99</b>	1.49	1.39	1.49
Pet Cream Pies .....14 oz.	<b>.99</b>	1.25	1.38	1.79
PAGODA CAFE Egg Rolls .....9 oz.	<b>2.49</b>	2.99	2.99	2.99

These items were purchased on July 29, 1996 at Schnucks at Woods Mill & Clayton at 9:55 a.m., at Dierbergs at the Market Place (Baxter & Clayton) at 9:57 a.m., and at National at Clayton & Baxter at 10:04 a.m. Due to time required for ad processing, chain store prices may vary from date items were purchased to date of ad publication. The above prices do not reflect manufacturers' deals.

07313A





# Total Value!

USDA CHOICE CORN FED BEEF  
Boneless Chuck Steak

# 139

FAMILY PACK **1 lb.**



BONE-IN  
**Cook's Shank Portion Ham**

# 99¢

lb.

10-POUND AVERAGE  
FIELD KENTUCKIAN

**Whole Boneless Ham..... 1.99**

lb.

**Klements Bratwurst..... 2.19**

lb.

**CHOPPED HAM OR Oscar Mayer Ham & Cheese..... 2/\$4**

1-LB. PKG.



**Jennie-O Turkey Franks**

# 2/99

12-OZ. PKG.

ALL VARIETIES EXCEPT BEEF

**Eckrich Smoked Sausage..... 2.19**

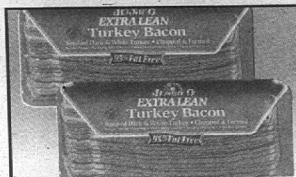
1-LB. PKG.

**Circle "A" Beef Patties..... 3.99**

5-LB. BOX

**Perdue Fresh Ground Turkey... 1.79**

lb.



**Jennie-O Turkey Bacon**

# 2/\$3

12-OZ. PKG.

**Hunter Sliced Bologna... 1.29**

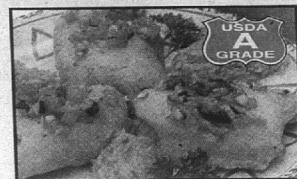
1-LB. PKG.

**Field Fresh Lite Ham Sausage..... 1.69**

1-LB. PKG.

**SMOKED Louis Rich Turkey Sausage.. 2.19**

14-OZ. PKG.



**HUDSON FRESH ALL NATURAL Skinless, Boneless Chicken Thighs**

# 139

lb.

**MADE WITH WHITE MEAT Oscar Mayer Turkey..... 2/\$4**

1-LB. PKG.

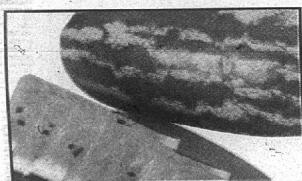
**ASSORTED VARIETIES On-Cor Entrees..... 2/\$4**

2-LB. PKG.

**Eckrich Lunchmakers... 99¢**

3.75-OZ. PKG.

## Pick of the Crop Garden Fresh Produce!



22-POUND AVERAGE  
**Red Ripe Whole Watermelon**

# 1.98

EACH

**CALIFORNIA Sweet Nectarines..... 88¢**

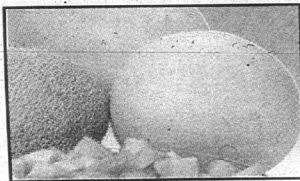
lb.

**CALIFORNIA Valencia Oranges..... 6/88**

113-CT. SIZE

**TENDER Yellow Sweet Corn..... 1.68**

5-CT. PKG.



CANARY, CRENSHAW, CASABA,  
SANTA CLAUS, PERSIAN OR  
**Honeydew Melons**

# 98¢

EACH

**FRESH Portabella Mushrooms..... 2.98**

lb.

**Terry Farm Mushrooms..... 98¢**

8-OZ. PKG.

**The Finest Quality & Selection!**



**Dole Classic Salad Blend**

# 98¢

1-LB. BAG

**Medium Yellow Onions..... 1.28**

3-LB. BAG

**Sunkist Fruit Roll-Ups..... 3/\$1**

8-OZ. PKG.

**ROASTED OR SALTED Gary's Peanuts..... 1.98**

20-OZ. BAG



**Try These Exotic Varieties!**  
NOT AVAILABLE AT ALL STORES

**HYDROPONIC Bibb Lettuce .... 98¢**

HEAD

**FRESH Sno-Peas ..... 2.98**

lb.

**FRESH Radicchio ..... 2.48**

lb.

**MELISSA'S Pinenuts ..... 2.28**

8-OZ. PKG.

**MELISSA'S DRIED Pineapple Rings .. 2.98**

3-OZ. PKG.

**MELISSA'S DRIED Red Tomatoes... 2.28**

3-OZ. PKG.



# Shop 'n Save

The more you shop the more you save. SM

S	M	T	W	T	F	S
			31	1	2	3

07314A

• PRICES GUARANTEED THRU AUGUST 3, 1996 AT ALL ST. LOUIS METRO STORES ONLY

• WE RESERVE THE RIGHT TO LIMIT • NO SALES TO DEALERS • FOR LOCATIONS CALL (314) 984-0900

**Shop 'n Save**  
**DOUBLE YOUR MONEY BACK**  
MEAT & PRODUCE  
GUARANTEE  
WITH PROOF OF PURCHASE



# Classified

**CALL 877-7700 or 876-2000**

**LOCAL OFFICE**

**HOURS:**  
8:00 a.m. - 5:00 p.m.  
Monday - Friday  
Closed  
Saturday & Sunday

**Hours: Monday-Friday 8 am-5:00 pm • Closed Saturday & Sunday**

**1-800-766-FAST (3278)**

**For Commercial Rates Call 877-7700. Help Wanted 876-2000.**



## TRANSPORTATION



**EMPLOYMENT**  
310



NOTICE 400

SERVI  
300

**MERCHANDISE**  
1700



**REAL ESTATE**  
8188

RENTAL  
2688

## HOW TO...

**PLACE AN AD**

**There are four easy ways to place your ad.**  
**BRING IT:** 1815 Delmar Ave., Granite City, IL 62040

**PHONE IT:** Call 877-7700 or dial 876-2000. Lines are open from 8 a.m.-5:00 p.m. Monday through Friday.

**FAX IT:** Send your ads directly to our Classified Fax Center at 618-876-4240. We'll call you back for confirmation.

**MAIL IT:** Send your ads to: Classified, Granite City Press Record Journal, 1815 Delmar, Granite City, IL 62040.

**PAY FOR AN AD**




You will be billed immediately following last run day. You may pay in person, through the mail, or over the phone or fax. We accept cash, checks and credit cards (MC/Visa/Discover). When paying over the phone, please have your credit card ready. When faxing, please include your credit card number. We'll call you back for confirmation. Please do not send cash through the mail. Some ads require prepayment.

## WRITE AN AD



**Capture the reader's attention with larger headlines, bold type, and symbols. Tell them up front what you're selling or seeking. Describe what is unique about your item, adding details such as color and condition. Avoid abbreviations; they make your ad harder to read and therefore less effective. Include your phone number and the hours you are available. Always include the price; it will increase your responses.**

## CANCEL AN AD



Deadlines for ad cancellation are identical to deadlines for ad placement. You may cancel an ad in person or over the phone. To cancel an ad, phone 877-7700

## CLASSIFIED INDEX

[illegible]

## AD DEADLINES

Publication	Publication Day	Deadline
St. Louis City/County	Wednesday	Monday, 6 p.m.
	Thursday	Tuesday, 6 p.m.
North Side Journal	Thursday	Monday, Noon
Jefferson Co.	Wednesday	Monday, 6 p.m.
	Thursday	Tuesday, 6 p.m.
News Democrat	Friday	Wednesday, 5 p.m.
1st county	Wednesday	Monday, 1 p.m.
St. Charles Co.	Thursday	Monday, 6 p.m.
	Friday	Wednesday, 5 p.m.
	Saturday	Friday, 6 p.m.
Warrenton News	Wednesday	Monday, Noon
Illinois Combination	Wednesday	Monday, 1 p.m.

Call for Individual Paper Deadlines

## PUBLICATION POLICY

**NOTICE TO READERS:** Before responding to any advertisement requesting that money be sent or invested, you may wish to contact your local consumer protection agency. The publisher cannot assume any responsibility for the validity of the offering or the results obtained by investors who have used within the Classified pages.

14 FORD

14 FORD

10 DODGE

**JERRY KOETTING**

**SPSSIT! HAVE YOU HEARD ABOUT THE BLOWOUT DEALS AT KOETTING FORD!**

**NEW '96 ASPIRE**  
**\$1,100<sup>00</sup>**  
**CASH BACK**

**LARGE SELECTION**

**\$1000<sup>00</sup>**  
**CASH BACK**

**NEW '96 CONTOUR**  
**\$600<sup>00</sup>**  
**CASH BACK**

**NEW '96 ESCORT LX 3 DR**  
**\$900<sup>00</sup>**  
**CASH BACK**

**NEW '96 CROWN VICTORIA**

**NEW '96 TAURUS**

**6.9% FINANCING AVAILABLE**

**NEW '96 RANGER**  
**\$1000<sup>00</sup>**  
**CASH BACK**

**BUY OR LEASE**

**NEW '96 WINDSTAR**  
**\$1500<sup>00</sup>**  
**CASH BACK**

**FORD FACTORY PROGRAM VEHICLES**

**'95 MUSTANG CPE. \$14,999**

**FRESH SHIPMENT JUST ARRIVED**

**SAVE '1000's**

**FROM \$13,999**

**FROM**

**'95 CONTOUR GL 4 DOOR**  
**FROM \$12,799**

**'95 PROBE SE**  
**\$13,999**  
**SAVE '1000's**

**LOW MILEAGE! NEW CAR FINANCING RATES AVAILABLE**

**1995 SABLE & TAURUS GL 4 DOOR**  
All prices EXCLUDE TAX, TITLE, LICENSE AND DOC. FEE

**'92 TAURUS GL 4 DR**  
SCV, AUTO, P.B., P.B., 117 WHEEL, CRUISE CONTROL, POWER W/IN, POWER & DOORS, P234A

**'94 CHEVY BERETTA 2-26**  
**AUTO, A/C, LOADED**  
3929A

**'93 UNIBIRD**  
**AUTO, A/C, P/S & P/B**  
3868A

**'94 EXPLORER XL**  
**AUTO, A/C, W/HEEL DRIVE**  
3971A

**'93 E150**  
**AUTO., P.S. P.B., AM/FM DUAL AIR AND ONLY**  
36,34X 3215B

**'94 JEEP CHEROKEE**  
**& WHEEL DRIVE AND ALL THE EXTRAS WITH ONLY 56,XXX MILES**  
3855A

**'91 CAVALIER**  
**2 DR, AUTO, A/C SUNROOF & MORE**  
3956A

**'95 T-BIRD LX**  
8 CYL., AM/FM, CAS, 117 WHEEL, POWER LOCKS, POWER WINDOWS, DRIVER'S SEAT, AIR FACT, WASH, 3820A

**KOETTING FORD INC.**

**PARTS AND SERVICE DEPARTMENT**  
**OPEN MONDAY THRU FRIDAY 7:00 A.M. TO 8:00 P.M.**  
11th Street South at 1270  
**ALUMINUM 12.3 AT PORTION RD.**  
**GRANITE CITY, IL 62040**  
**(618) 482-5400**  
**(314) 867-9218**

**A Full Service Dealer**  
**• SALES • PARTS**  
**• LEASING • SERVICE**  
**COMPLETE BODY REPAIR FACILITIES**

**FORD**

# Hit the road, fast.



**Great rates available in  
as little as 30 minutes!**

**7.9%**  
a.p.r. new car rate

Your car loan can say as much about you as the car you buy. When you finance your car with UMB, it says you are smart.

That is because we have fixed-rate loans with simple interest and no prepayment penalty. We also offer loan-by-phone with approval in as little as 30 minutes and free electronic payment.

Call us to ask about our low interest rate car loans while they last, and we will start your approval process today.

**UMB**  
B A N K  
*America's Strongest Banks*  
<http://www.umb.com>

Arnold • Ballwin • Belleville • Caseyville • Clayton • Collinsville • Ferguson • Kirkwood  
Maryland Heights • Maryville • O'Fallon • St. Charles • St. Louis • Swansea • Town and Country

**1-800-831-2384**

Rate not applicable on UMB refinances.

Trim down those overstuffed areas in your home (and shape up your wallet to boot!) Advertise those unused items 'for sale' in the Classified











**320 HELP WANTED**

**MECHANICAL NEEDS**  
Part time, no experience necessary, flexible hours, retired OK.  
**797-4662**

**WANTED COSMETOLOGIST**  
Guaranteed Salary  
20 Year Old Stylist  
Following No Experience  
**632-8506**  
ASK FOR RHONDA

**LEGAL SECRETARY**  
PT 15.00 per hour  
Send resume & reference  
P.O. Box 456  
Granite City, IL 62040

**DRIVERS - 13YR. OTR**  
starts you at \$29,000. 3 Yrs. exp. start you at \$30,000. 540 top up (average fuel mil. est.) 100 mi. avg. length of haul. All 94-95 drive conventional Kenworths. Top benefits, profit sharing, 401K. Paid floating training for exp. drivers. 21 wks. mo. road. OTR exp. Call 1-800-635-9699 ext. DC51

**CUSTOMER SERVICE REP**  
Seeking an individual with excellent verbal and written communication skills to handle customer inquiries in a fast-paced environment. Responsibilities will include greeting guests and helping them with their purchases. The preferred applicant will have 4-6 years of experience in a retail or service position. Salary is commensurate with experience. Send resume to: Customer Service Representative, P.O. Box 32, Granite City, IL 62040

**Freeburg Care Center**  
has a part-time position available for the laundry department.  
Apply in person at 746 Urbanna Rd., Freeburg, IL  
M-F 8-4

**A HOME BASED BUSINESS**  
A HOME PART TIME BUSINESS. Average \$15,000 an hour. Free Home Based Business. Free 3300 sample kit. Free Business Plan. Free Training. Free Tips. Hawaii. Call now. 1-800-444-4444. Free 3300 sample kit. Free Business Plan. Free Training. Free Tips. Hawaii. Call now. 1-800-444-4444.

**ARTMENT**  
Leasing Agent  
Full time position available for leasing consultant at Countrywide Apts. Good communication skills, sales experience & typing a must. Full benefit package. Apply in person at:  
1708 San Ramo Court  
St. Louis, MO 63138

**HELP!!**  
We're Hiring  
29 People  
Start immediately, work close to home, weekly pay and benefits. We need assemblers, warehouse help and general industrial. NO EXPERIENCE REQUIRED. Give us a call or stop by our office (between 9am-2pm) and we'll get you started. Don't pass this up-we'll pay you to work!  
Sundt Hills  
10825 Watson Rd.  
984-9100

**OLSTEN STAFFING SERVICES**  
Full time position available for leasing consultant at Countrywide Apts. Good communication skills, sales experience & typing a must. Full benefit package. Apply in person at:  
1708 San Ramo Court  
St. Louis, MO 63138

**BODY REPAIR TECHNICIAN**  
Must have 2 years experience and have own tools. Good fringe benefits. Apply in person  
St. Louis Auto Auction  
13131 St. Charles Road  
Bridgeton, MO 63044

**AUTO DETAILERS**  
No experience necessary. Must have 2 years experience and have own tools. Good fringe benefits. Apply in person  
St. Louis Auto Auction  
13131 St. Charles Road  
Bridgeton, MO 63044

**BAWMAN NEEDED**  
Call for resume, 931-431-4311  
REPAIR/REBUILD DISORDERED BEHAVIOR. Certified by the State of Missouri for private practice in Granite City, Illinois. Send resume to: Chris, 2016 Madison Ave., Granite City, IL 62040

**BUFFERS**  
Must have at least 2 years experience in Buffing and Misting. High Volume Shop. Good Fringe Benefits. Apply in person  
St. Louis Auto Auction  
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Bridgeton, MO 63044

**320 HELP WANTED**

**CAREGIVER NEEDED**  
Dependable, compassionate caregiver needed to care for elderly, housework, cook & assist with personal care. Must be reliable, honest, and have a valid driver's license. Call for details.  
320-1234

**CHILD CAREGIVER**  
Part time position mornings, 9am to 12:30pm at least 3 days a week, to provide child care for parents in our Parent Training Group in St. Clair, Madison, Randolph and Clinton Counties. Requirements: A.S. Degree in Child Development or 2 years experience in working with children 6 weeks to 12 years. Call 618-874-0216, ask for Karen.

**CLEANING LADIES**  
New starting pay varies with experience. Full time position available. Work week days only and be off every 8th day. Apply: 8:30am-3pm, 1972 E. Main St., St. Louis, MO 63103. Call 314-241-1234

**Do You Know... MS Word?**  
We need receptionists, secretaries and administrative assistants. High pay, benefits & work close to home. Permanent opportunities or just Summer employment. We're a staffing service, we NEVER charge a fee. Free retraining course or cross training. Give us a call - more, more, more!  
Westport 314-434-2800  
Sundt Hills 314-884-0100  
Downs 314-421-3855  
Call 314-278-2500  
EOE M/F/D/V

**TEACHERS**  
Positions Available  
Vocals, Spanish, Latin, Math 7-9, Science 8-10, Chemistry, Industrial Arts, Spec. Ed. Counselor, Elem. Ed. certification req'd.  
Hiring Now  
CALL FOR INTERVIEW  
Educational Placements  
St. Louis, MO 314-961-5855

**FOUNDRY WORKER**  
Accommodating for a full time foundry worker. Must be able to handle a full shift. Not required. Please apply in person at Midco Industries, 700 South Spring St., St. Louis, MO 63101 or Call 314-776-5600 ext 210

**MANHATTAN'S GATEWAY AUTO AUCTION**  
440 West Ponton Road (Intersection of R. 3 & Ponton Rd.)  
Granite City, IL 62040  
618-851-7775  
Ronald Haugh (HOV)  
Equal Opportunity Employer

**HELP!!**  
We're Hiring  
29 People  
Start immediately, work close to home, weekly pay and benefits. We need assemblers, warehouse help and general industrial. NO EXPERIENCE REQUIRED. Give us a call or stop by our office (between 9am-2pm) and we'll get you started. Don't pass this up-we'll pay you to work!  
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**Carwash Day Care**  
A cook with Food & Health certificate of Sanitation. Full time hrs. Contact at 608-7

**320 HELP WANTED**

**Crew Leader**  
Telephone sales, computer, sales, and customer service. Must be a team player and have a valid driver's license. Call for details.  
320-1234

**ASME Code Certification**  
Steel Tanks, etc. Work From Prints. Experienced.  
Apply in person:  
CENTRAL FABRICATORS, INC.  
5601 West 8th St.  
St. Louis, MO 63110

**FLOORING SALE**  
Kloas Furniture & Carpet is looking for professional sales people for floor covering. Must be experienced and have a valid driver's license. Call for details.  
320-1234

**FOSTER PARENTS**  
ARE YOU INTERESTED IN HELPING CHILDREN? Experience the satisfaction of providing a home for children in need. Families are needed for teenagers whose families are experiencing financial difficulties. Foster parent must be at least 21 years old, single or married and must be a resident of St. Clair or Madison County. For more information, call Darle Goe Child and Family Services, 618-452-9900, Ext. 149.

**COOKS/DISHWASHERS**  
F&P Our business is growing, grow with us. We offer:  
• Paid Vacation  
• Major Medical Ins.  
• Bonus Program  
• 5:30-2:00 P.M. An Hour  
Apply in person Mon. thru Fri. 7:30 A.M. to 2:00 P.M. at 2400 S. Grand St. St. Louis, MO 63104. No experience required for employment.  
Sundt Hills  
314-884-0100

**INSTALLERS**  
American Home Improvement Products, Inc. is a South American Contractor, WANTS installers. We have immediate openings for experienced installers.  
• Year Round work  
• Guaranteed pay  
• Competitive rates  
• You provide:  
• References  
• Truck & tools  
• Proof of insurance  
• For an immediate interview call Chuck or Tim at 1-800-856-6163  
INTERESTED in full or part time work? Write to Box 2997, P.O. Box 2997, St. Louis, MO 63101. No phone calls, please.  
Call 314-776-5600 ext 210

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Positions Available  
Vocals, Spanish, Latin, Math 7-9, Science 8-10, Chemistry, Industrial Arts, Spec. Ed. Counselor, Elem. Ed. certification req'd.  
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St. Louis Auto Auction  
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**BAWMAN NEEDED**  
Call for resume, 931-431-4311  
REPAIR/REBUILD DISORDERED BEHAVIOR. Certified by the State of Missouri for private practice in Granite City, Illinois. Send resume to: Chris, 2016 Madison Ave., Granite City, IL 62040

**320 HELP WANTED**

**Medical Assistant/Receptionist**  
needed for physical therapy office. Call 344-9900 for office manager.

**MOBILE HOME SERVICE**  
company needed for mobile homes for various duties. Must have own transport. Call for details.  
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Call today for jobs in Granite City area.  
MANPOWER  
(618) 624-5000  
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**Basler Electric Company**  
Rt. 14, P.O. Box 203 - Highland, Illinois 62434-2039  
Operator assistant FAX 618-434-2141 ext. 248

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**COOKS/DISHWASHERS**  
F&P Our business is growing, grow with us. We offer:  
• Paid Vacation  
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• 5:30-2:00 P.M. An Hour  
Apply in person Mon. thru Fri. 7:30 A.M. to 2:00 P.M. at 2400 S. Grand St. St. Louis, MO 63104. No experience required for employment.  
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**INSTALLERS**  
American Home Improvement Products, Inc. is a South American Contractor, WANTS installers. We have immediate openings for experienced installers.  
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• Guaranteed pay  
• Competitive rates  
• You provide:  
• References  
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• For an immediate interview call Chuck or Tim at 1-800-856-6163  
INTERESTED in full or part time work? Write to Box 2997, P.O. Box 2997, St. Louis, MO 63101. No phone calls, please.  
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Positions Available  
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**OLSTEN STAFFING SERVICES**  
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# ORGANIZATIONS

## Young at Heart install officers



**New Eagle** — Ina LeMaster was initiated at the June 11 meeting of the Granite City Eagles Auxiliary 1126 meeting. Shown with her is Susan Allen, auxiliary president.

The Young at Heart Senior Citizens of Holy Family Catholic Church held its monthly meeting July 15 in the church's community center.

The meeting was called to order by Cleo Siebert, president. The Rev. William Fisher, followed by the Pledge of Allegiance.

Fisher installed the new officers for 1996-97: Irma Manning, president; Lucille Caban, vice president; Cleo Siebert, recording secretary; and Ann Kovach, corresponding secretary. Absent was Cecelia Mance, treasurer.

Minutes of the June meeting were read by Cleo Siebert, recording secretary, followed by Katherine Beroak. In the absence of Mary Rita Ahlers, friendship chairwoman, Jean Francis reported three members in the hospital, Mary Mang, Ahlers and Ann Ruder. Siebert expressed her sympathy to Cathy Mathes on the death of her brother, John Kim.

Connie McGee, membership chairwoman, reported 70 members in attendance, with one new member, Marie Szymek. Birthdays celebrated in July were Beroak, Pauline Hanson, Eric Mooshegan, Ruth Bridges and Rosemary Breyer. The only anniversary celebrated in July was that of Art and Viola Lindner, who celebrated 64 years.

The attendance prizes were won by Siebert, Bridges, Szymek, Katherine Sawicki, Ann Klarich, Louise Breyer, Beroak and Adele Wasylek.

Before turning the gavel over to the new president, Siebert thanked everyone who



Top left, the installation of new officers was held at the Young at Heart July meeting. Newly elected were, from left, recording secretary Cleo Siebert, president Irma Manning, vice president Lucille Caban and corresponding secretary Ann Kovach. Absent was Cecelia Mance, treasurer. Top right, Warren and Zita Bequette celebrated their 49th wedding anniversary recently. Middle left, Mary and George Yevin celebrated their 50th wedding anniversary recently. Bottom left, Viola and Art Lindner celebrated their 64th wedding anniversary recently. Bottom right, Bill and Ann Zinn celebrated their seventh wedding anniversary recently.

on Aug. 28. The price is \$3 per person, which includes transportation and lunch. The bus will leave the church parking lot at 10 a.m., lunch will be at 11 a.m. and the group will leave the Casino Queen at 3 p.m.

Following refreshments of ice cream and cake, the remainder of the evening was spent playing bingo.

The next monthly meeting will be held at 7 p.m. Aug. 19 in the church's community center.

### Laura's Service Specials

**We've Extended The Hours In Our Parts & Service Department To Service You Even Better!**  
Monday - Friday: 7:30 a.m. to 7:00 p.m.  
Saturday: 7:30 a.m. to 12:30 p.m.

<p><b>Goodwrench "Quick Lube" Plus</b> 20 minutes or the next one is free! Includes top 10.5 quarts of Goodwrench 5W30 motor oil, A.C. oil filter and chassis lubrication.</p> <p><b>\$18.60</b></p> <p>Expires 8/31/96</p>	<p><b>Cooling System Flush</b> Includes up to two gallons of coolant.</p> <p><b>\$42.95</b></p> <p>Expires 8/31/96</p>
<p><b>BASIC TUNE-UP</b></p> <p>4 cylinder <b>\$44.95</b> 6 cylinder <b>\$49.95</b> 8 cylinder <b>\$54.95</b></p> <p>Expires 8/31/96</p>	<p><b>ENGINE SALE</b> SAVE \$100 on every installed Goodwrench Engine. 36 mo./50,000 mi. warranty.</p> <p>Expires 8/31/96</p>

**SENIOR CITIZENS SAVE 10% THURSDAY**  
Does not apply to advertised specials.  
Parts and labor are warranted for 12 months or 12,000 miles, whichever occurs first.

**Goodwrench Service**  
Monday - Friday: 7:30 a.m. to 7:00 p.m.  
Saturday: 7:30 a.m. to 12:30 p.m.

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NOW WITH SATURDAY SERVICE HOURS  
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Posturepedic Declaration II FIRM or PLUSH	Dept. Store OUR PRICE	\$378 <sup>99</sup>	\$529 <sup>99</sup>	\$559 <sup>99</sup>	\$749 <sup>99</sup>
Posturepedic Jade FIRM or PLUSH	Dept. Store OUR PRICE	\$559 <sup>99</sup>	\$699 <sup>99</sup>	\$749 <sup>99</sup>	\$939 <sup>99</sup>
Posturepedic Stellar Plush Pillow Top	Dept. Store OUR PRICE	\$749 <sup>99</sup>	\$895 <sup>99</sup>	\$949 <sup>99</sup>	\$1,195 <sup>99</sup>
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**TRIPLE 1 BONUS**  
FREE 60 DAY DEFERRED PAYMENT \$199 Min. Purchase  
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MID-MAY CASH REBATE  
\$34.95 TWIN EA. PC. 30% OFF  
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**Green Iron Leaf Headboard & Foot Board**  
Bed rails extra Available in full or queen size.  
**\$199.00**

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**OPEN HOUSE SUN. 2-4**

**3106 WAYNE**  
THERE IS NO BETTER WAY to start the right home in this 3 bedroom home with detached garage. Many updates throughout including energy efficient thermal windows. Just reduced to don't delay. Call Today. TOLL 864.  
HOSTESS: PAMELA FARRELL

**TIED OF RENTING?** Neat, clean - Starter Home - 3 bedrooms, large eat-in kitchen. New carpeting in living room. Priced under \$50,000. Don't miss seeing this home today. LG83

**NEED 3 BEDROOMS?** This 1 story home is freshly painted and well kept. Features: 3 bedrooms, 2 baths, carpeted floors, many extras. See it Today. LG744

**COUNTRY LIVING CLOSE TO CITY:** Very unique 3 or 4 bedroom home sitting on over an acre lot. Must see to appreciate all the extra features. New vinyl siding, home has been recently renovated, full basement, det. garage and work shop. Great setting. LG660

**LOVELY 1 1/2 STORY FRAME WAITING FOR YOU:** 3 bedrooms, family room home on 2 lots. Priced under \$20,000. There's more. Call us to find out. LG570

**5 ROOM HOUSE - kitchen has cooktop and double oven, 12x14 dining room, also, Full basement, fenced yard. Priced in the 20's. LG546**

**LOOK WHAT YOU CAN BUY FOR ONLY \$39,900:** 3 bedrooms with full basement. New steel doors in front and back, fenced backyard, also, it may be gone tomorrow, so call today. LG157

**EXCELLENT AREA in Granite City:** 80x150 lot. \$22,000 LG504  
**CHOICE SUBDIVISION in Granite City:** Pick your own lot LG280  
**GROWING SUBDIVISION near golf course:** 108x120 LG524  
**OUTSKIRTS OF TOWN - 75x163:** Only \$6,000 LG660  
**REASONABLY PRICED BUILDING LOT:** \$7,000 LG563

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has closed 1 million (units) in Real Estate Sales in 1996. She wishes to extend thanks to all of her customers and clients for their continued referrals and support. Call JANET today if you are thinking of buying or selling your home.

**931-6751 / 782-5140**

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**NEVA LUCAS** 782-2988  
**CONNIE MORRIS** 782-3412  
**JANE MCCORD** 783-0558  
**BETSY TALCOTT** 452-0338

**NEW LISTINGS**

**GET AWAY FROM IT ALL:** Secluded setting, home on approx. 3 acres. Barn, oversized garage. Be the first to see this home. Call Janet for more details. LG275

**NEW ON MARKET:** Extremely Nice - Duplex. Owner occupied, 2 story with formal dining room and 2 baths per unit. Completely restored with wallpaper accents, newer carpeting, lots of closet space, full basement and fenced backyard. A Must to See. Ask for JoAnn. LG618

**OUTSKIRTS OF TOWN:** Fixer Upper - 3 bedrooms, basement, garage. In large lot, in Pontoon. Only \$24,900. Call Neva today. LG527

**SMALL BUT CHARMING:** Four room bungalow with dining room. Priced to sell at \$19,900. See Neva for a personal tour. LG518

**MOTIVATED SELLER:** 3 bedrooms, 2 car garage, newer kitchen, fenced rear yard, black top driveway. Ask for Bob Simon. LG43

**MOVE-IN CONDITION:** freshly painted throughout. Nice kitchen with ample cabinets, Lazy Susan, full bath has tub enclosure. Covered porch, enclosed back porch. Ask Bob today. LG21

**EXCELLENT LOCATION:** for most small businesses like lawn & garden shop, appliance repair, etc. Zoned B-1, small efficiency apartment above shop area, mostly fenced. High traffic area. Priced to sell at only \$40,000. Ask for Bob. LG28

**EDWARDSVILLE GLEN CARBON LISTINGS**

**R3297-ROLLING MEADOWS:** Enjoy the best of both worlds in this almost new 4 BR ranch featuring LL, finished FT, bath & BR. Owner transferred. Move in condition. Call BETTY SCHLEMER at 377-3032 for all details. \$129,900.

**R3282-BROOKSHIRE EST:** Quality construction thru-out in this BR, 2 bath, home with large master suite, finished bonus room in basement. Very spacious floor plan. A must see! Call BERNICE LECHNER at 288-5247 or pager 338-5509. \$179,900

**R3302-MONTCLAIRE:** Convenient location for this ideal home w/ formal dining area, finished room in LL, large closet & 3/4 bath could be 4th BR, large storage closet under stairs & fenced rear lawn. Call DON WHITEHEAD, 288-3578. \$114,900

**R3311-HOLIDAY SHORES:** Great water front ranch on large lot featuring 3 BR's, 2 baths, finished walk-out LL, newer high efficiency furnace & a/c. Move-in condition. Call JEFF SCATES at 626-8300, or pager 338-0700. \$129,900

**INCOLN MEADOWS:** Phase II is NOW OPEN. 15 large custom homesites available for inspection. Restricted standards, impressive central location. Lots from mid 430's, homes from high \$190's. Call JEFF SCATES, 626-8300.

**GRANITE CITY LISTINGS**

**R2655-MEADOWLAND ESTATES:** PRICE REDUCTION! This is a 2 BR, 2 bath, finished LL on a 1/2 acre great room, 3 large BR's, carpeted, LL, family/garage room & more. Call RICH ANDERSON at 692-1579 or pager 341-9732. NOBIS \$139,900

**R3322-NOT A DRIVE-BY!** This home offers newly painted LR & kitchen, tile in windows, new c/a, carpeted, LL, family/garage room & more. Call BETTY SCHLEMER at 692-0960 for all details. \$40,000.

**R3291-OWN FOR MUCH LESS:** PIER MONTH WITH THE SMART BUY PROGRAM! Large all brick 2.5 BR, 2 bath, finished LL, Great cash flow! Find out how to own more homes for less money. Call BRAD WALLACE at 656-8282. 24 hrs. \$75,900.